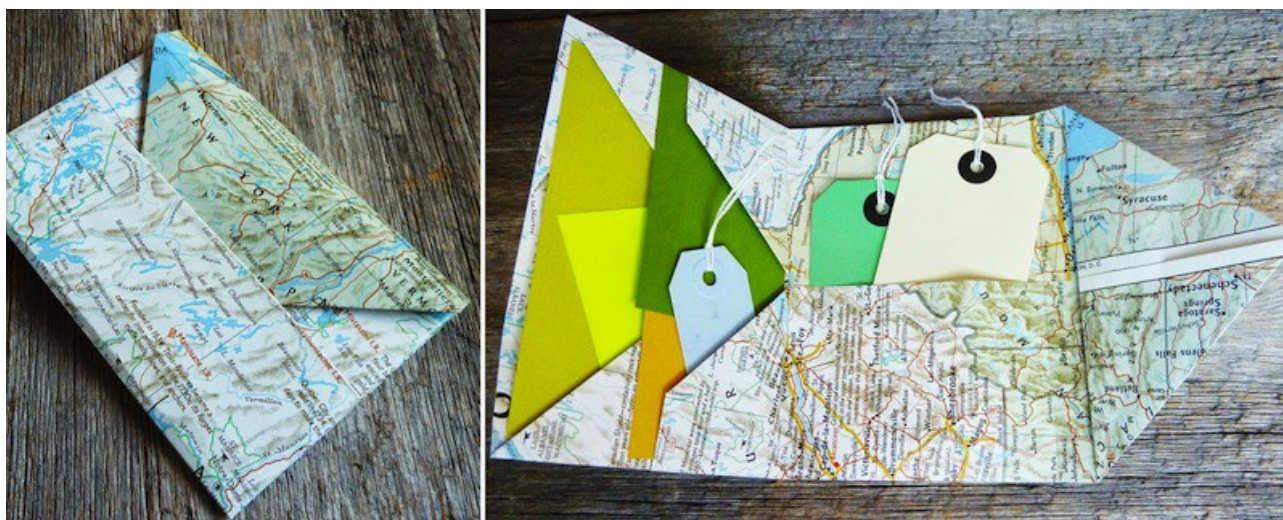
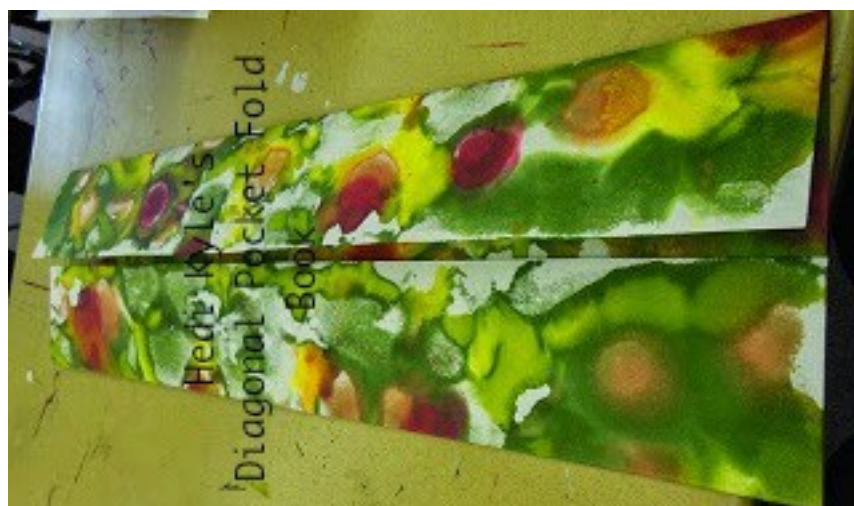


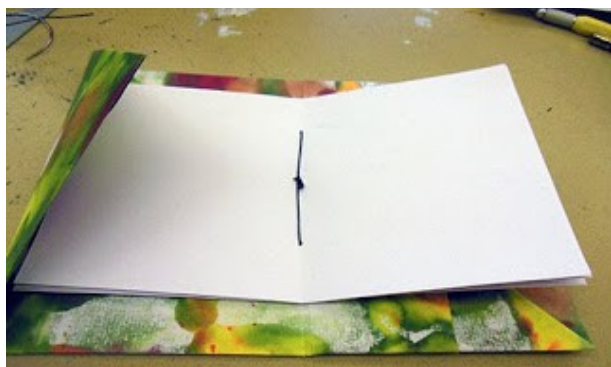
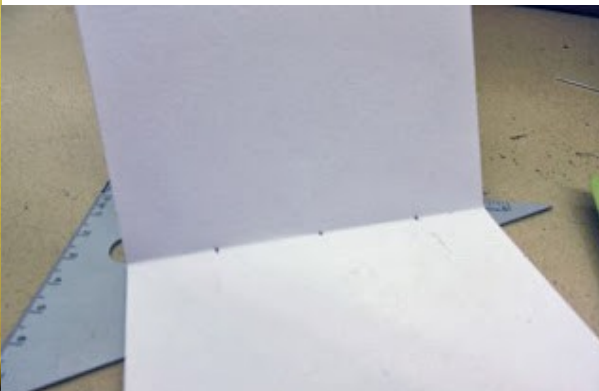


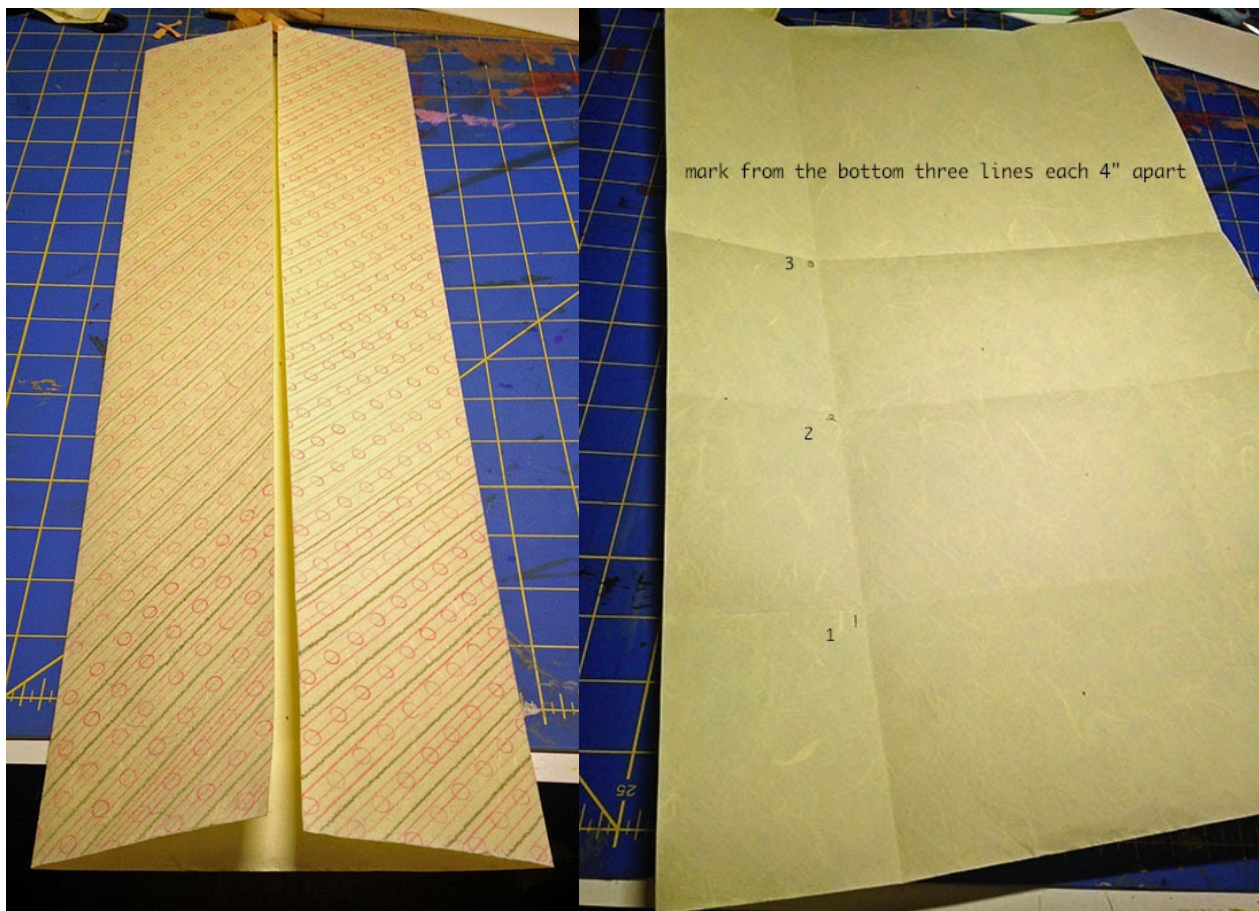
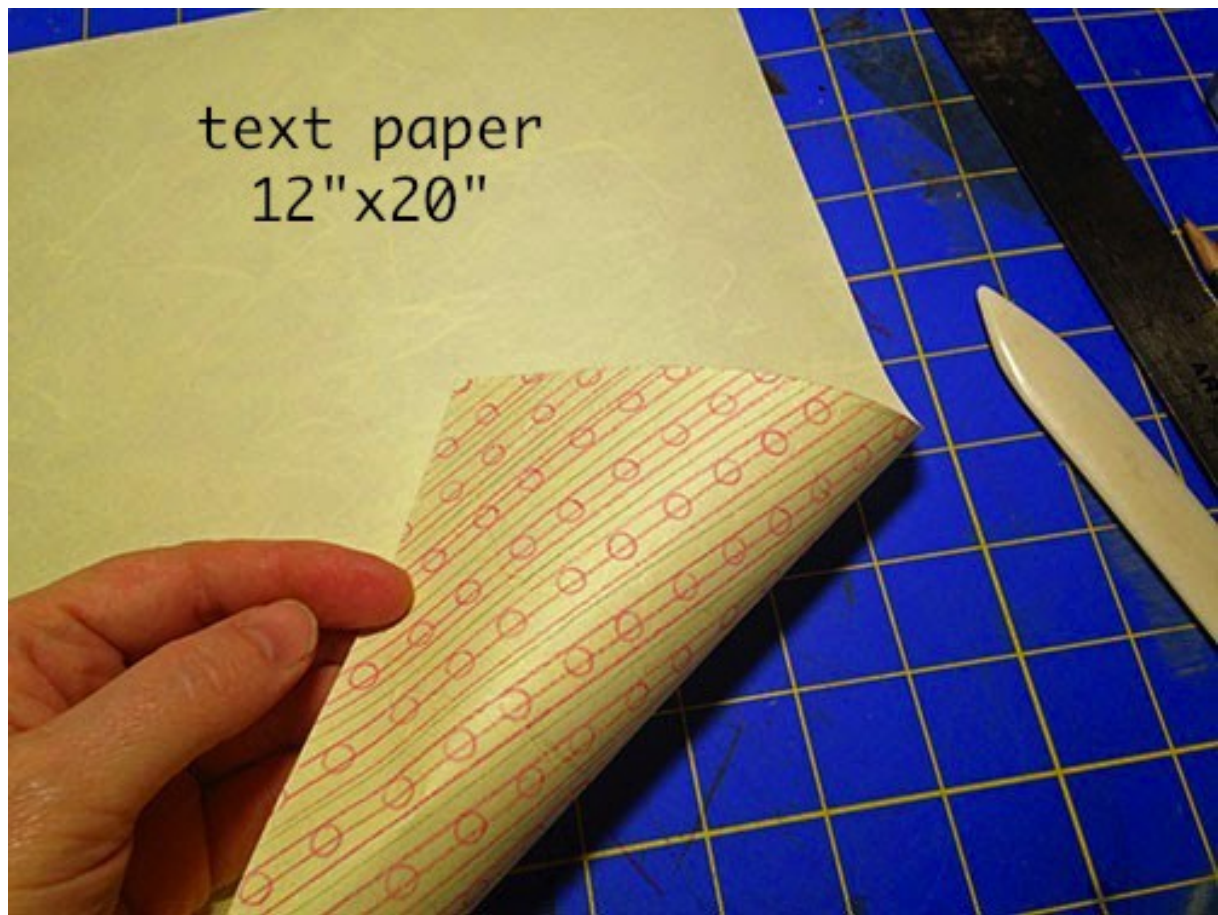
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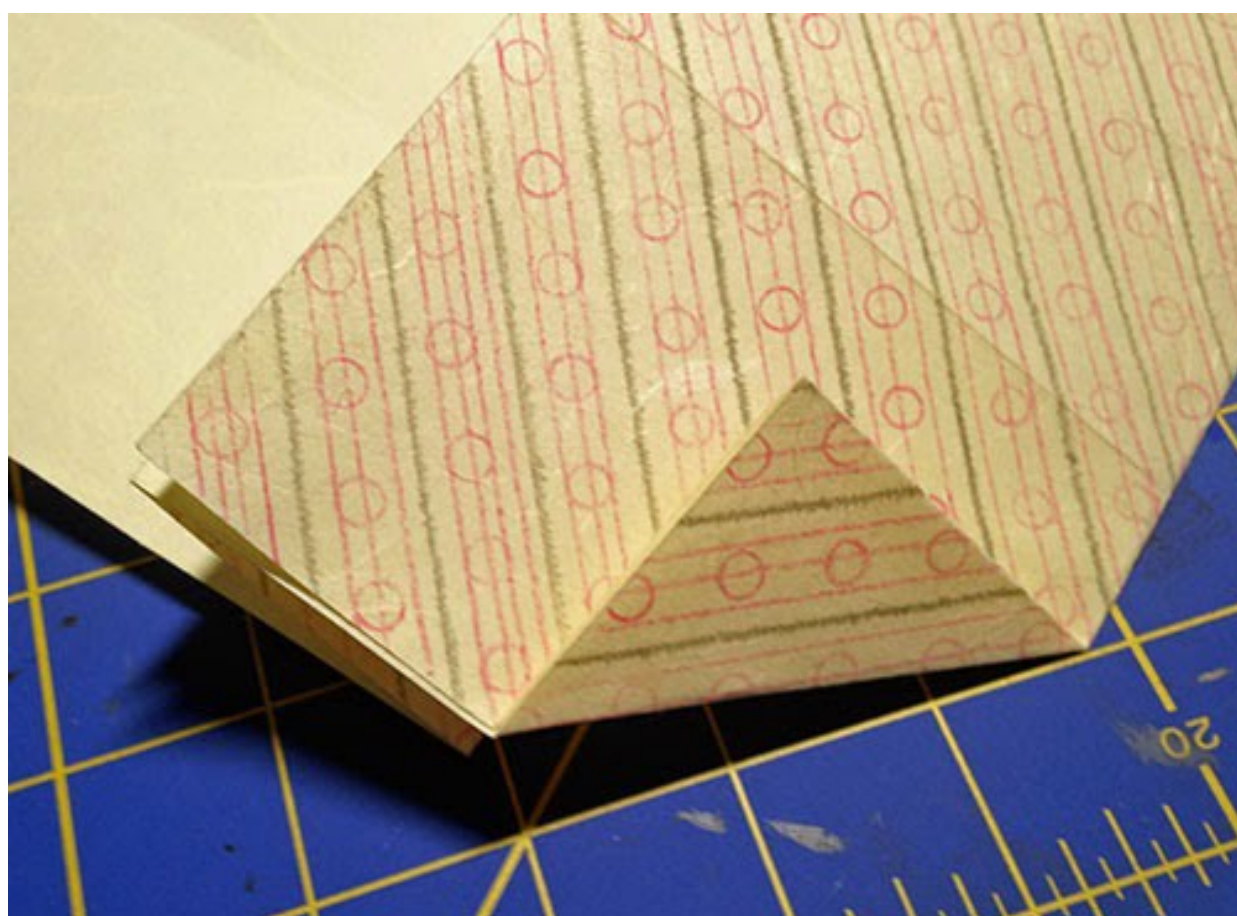
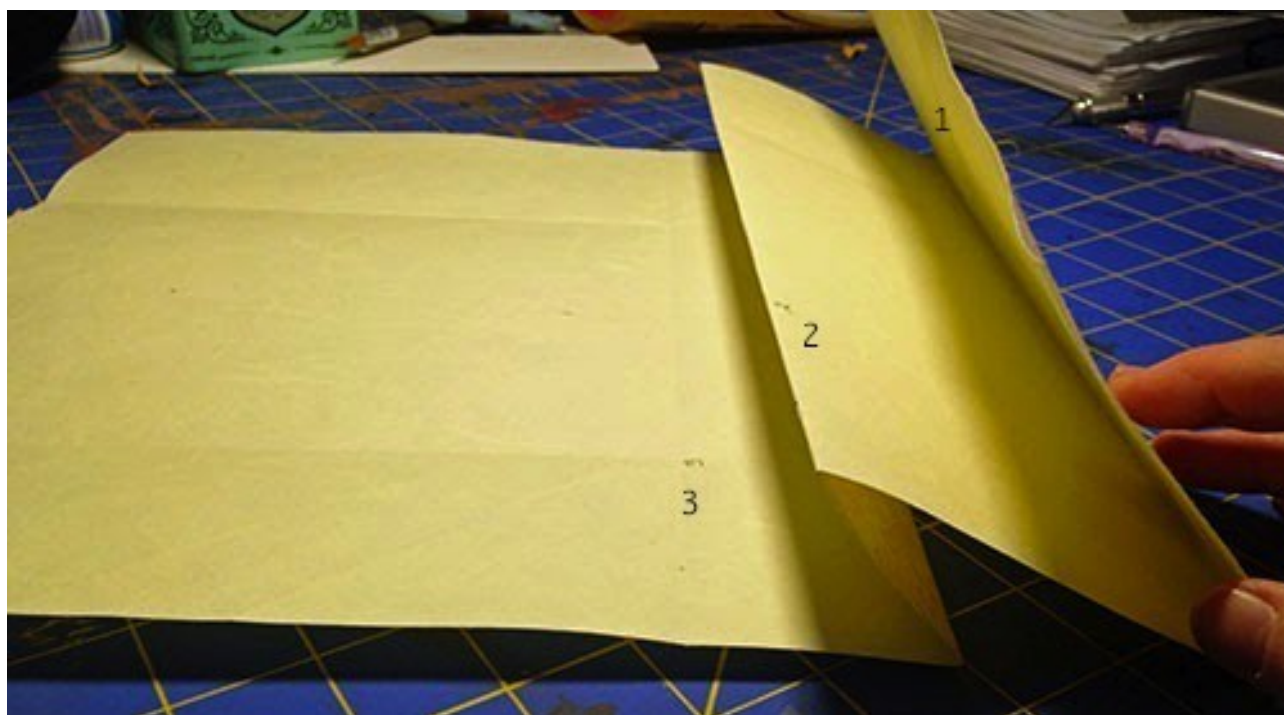


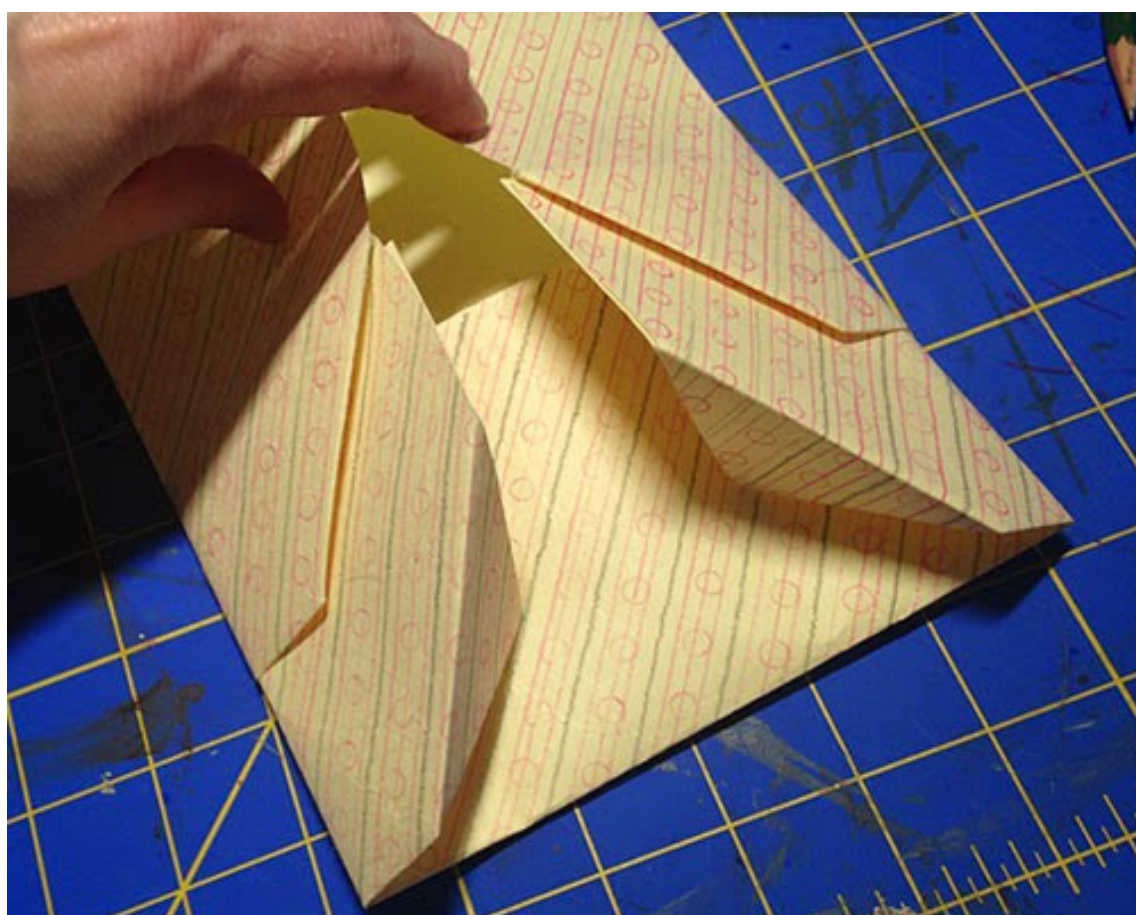
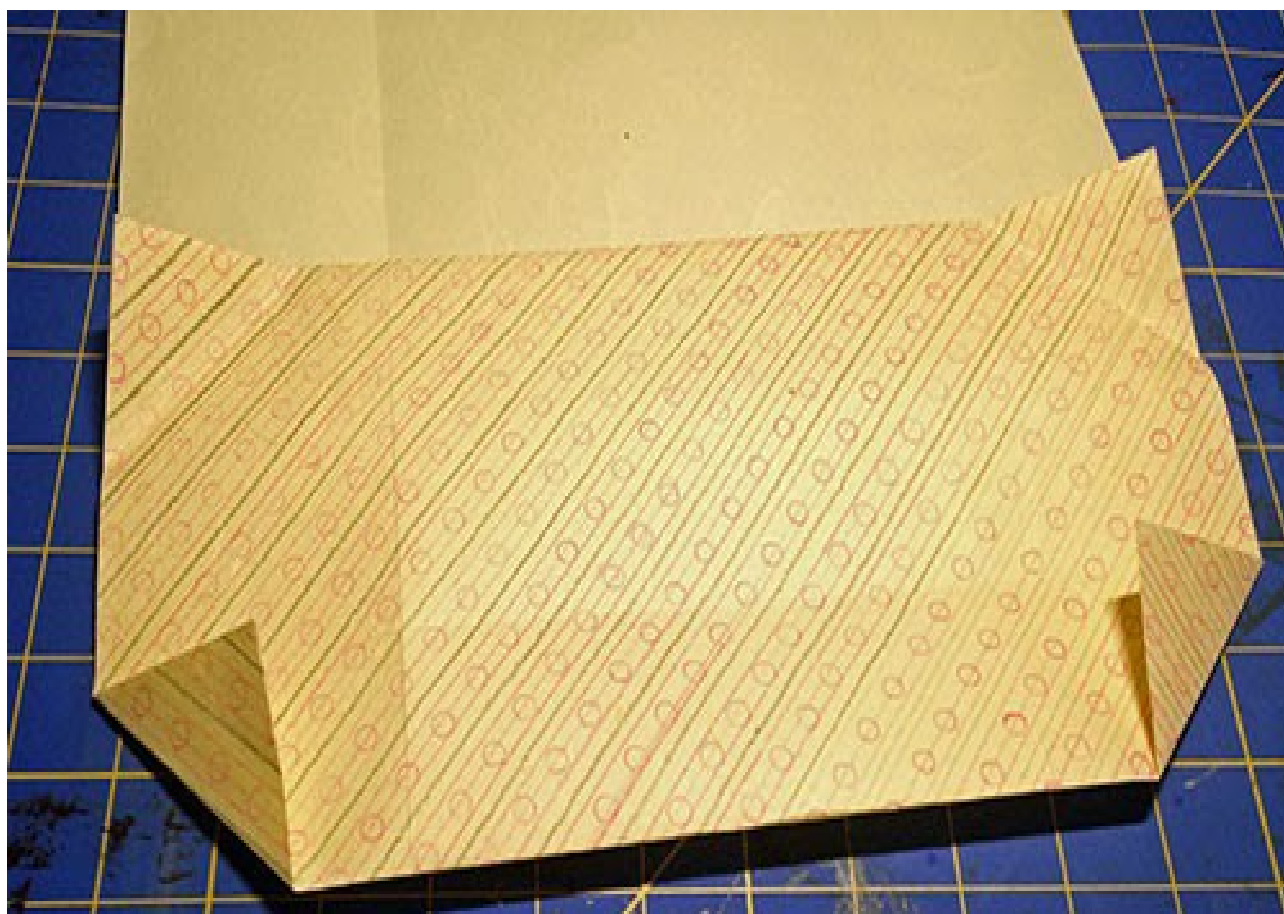


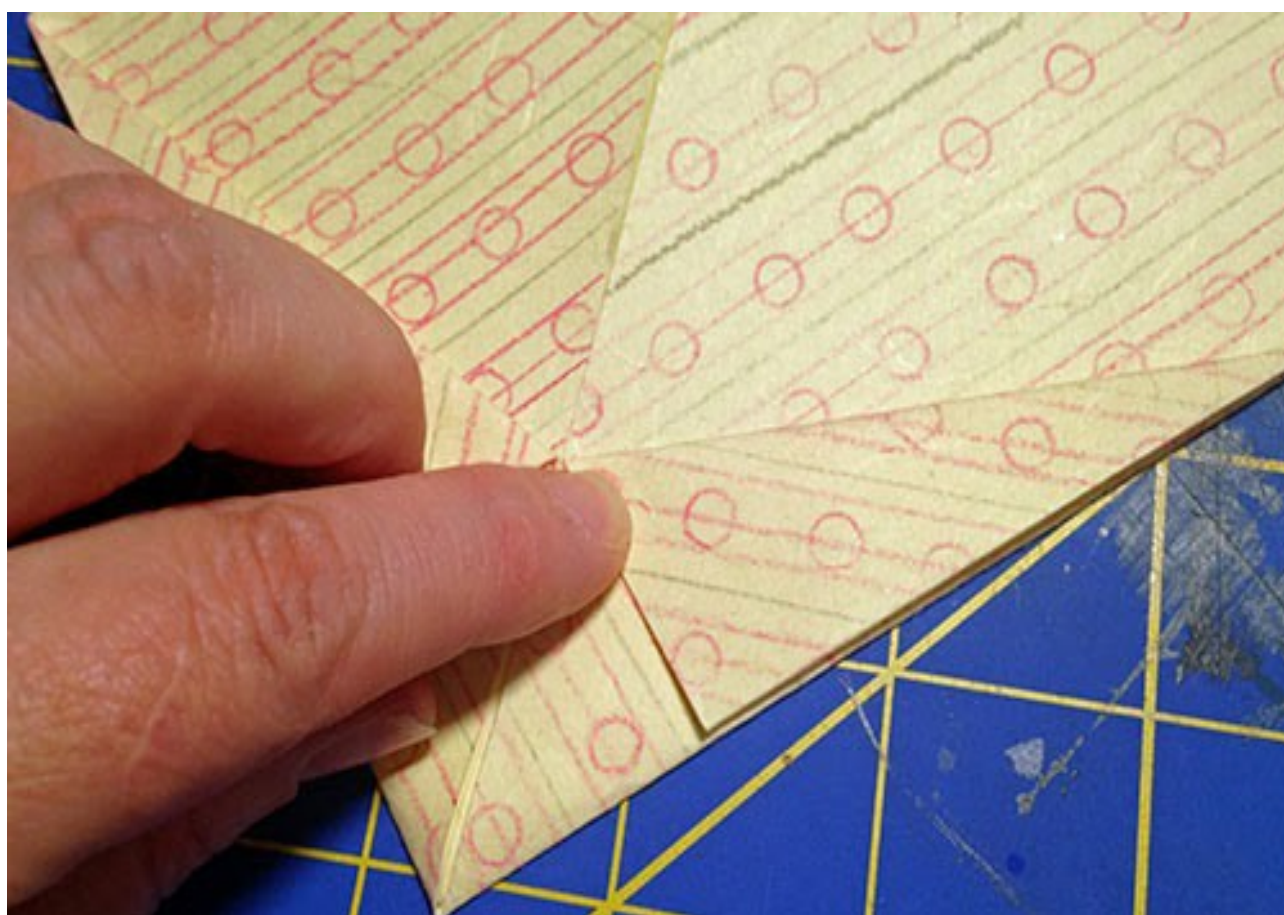
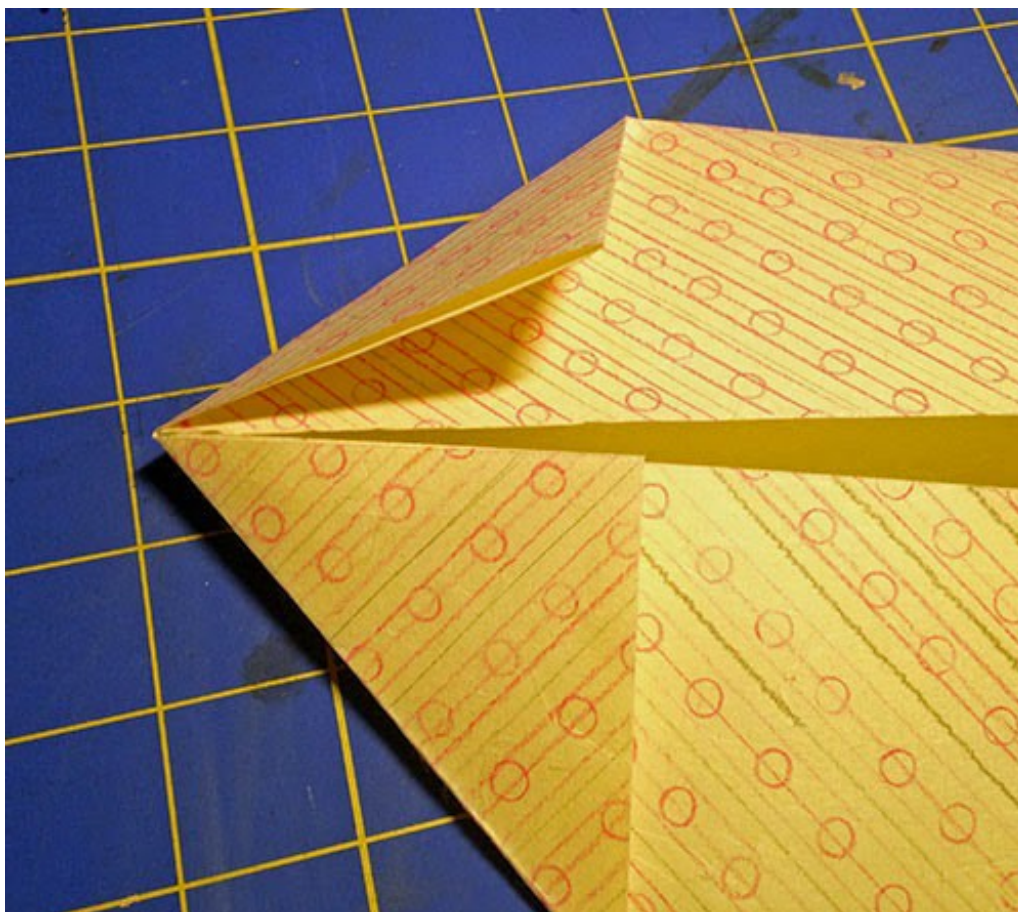


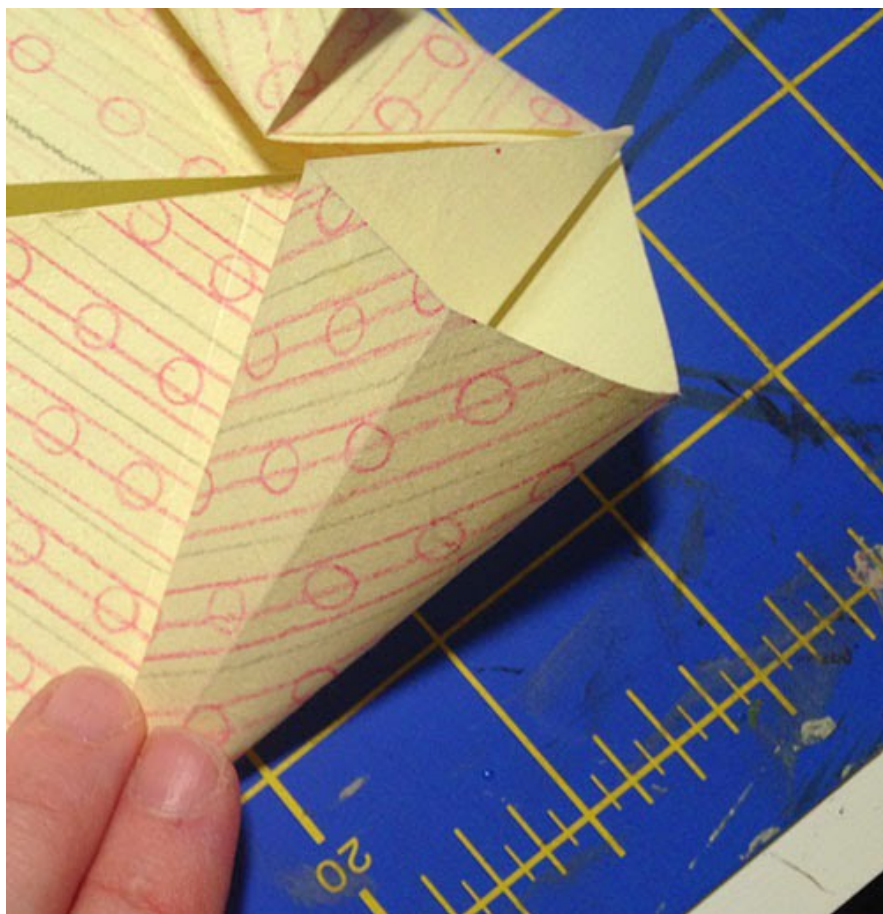
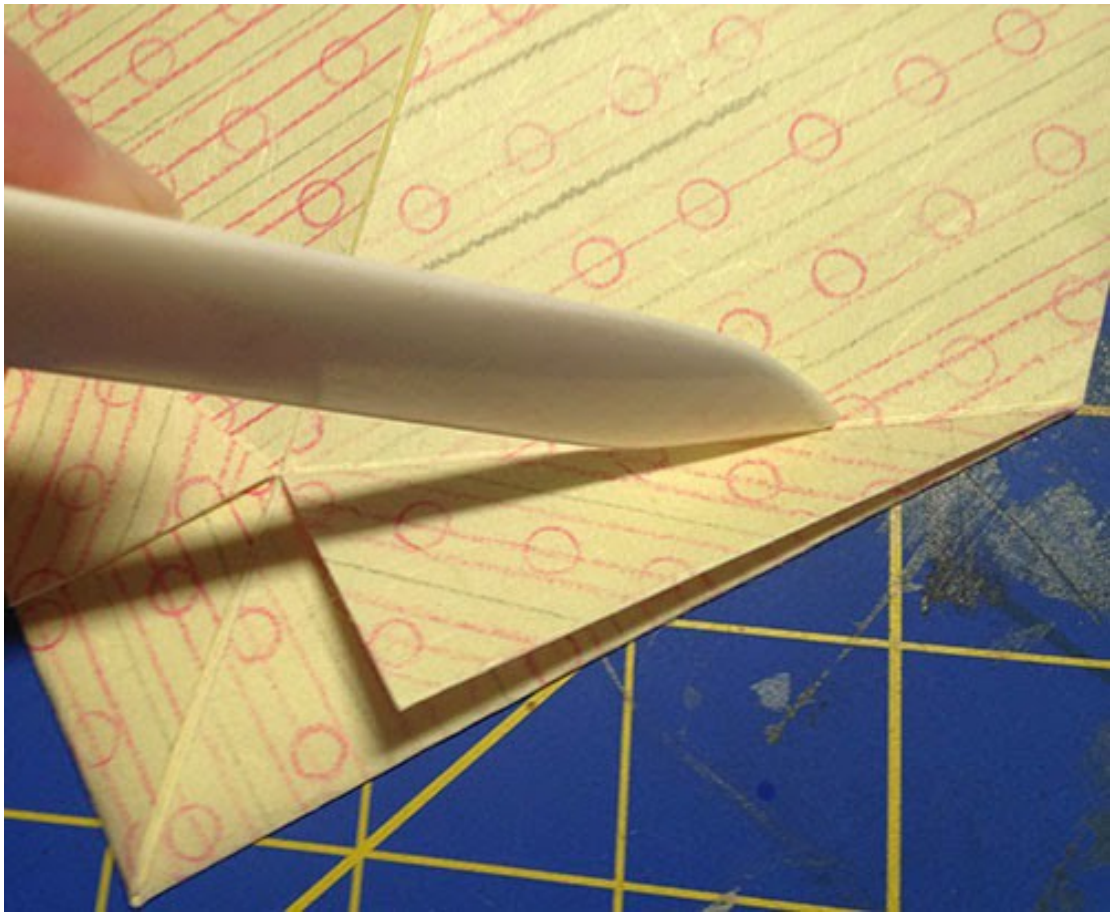


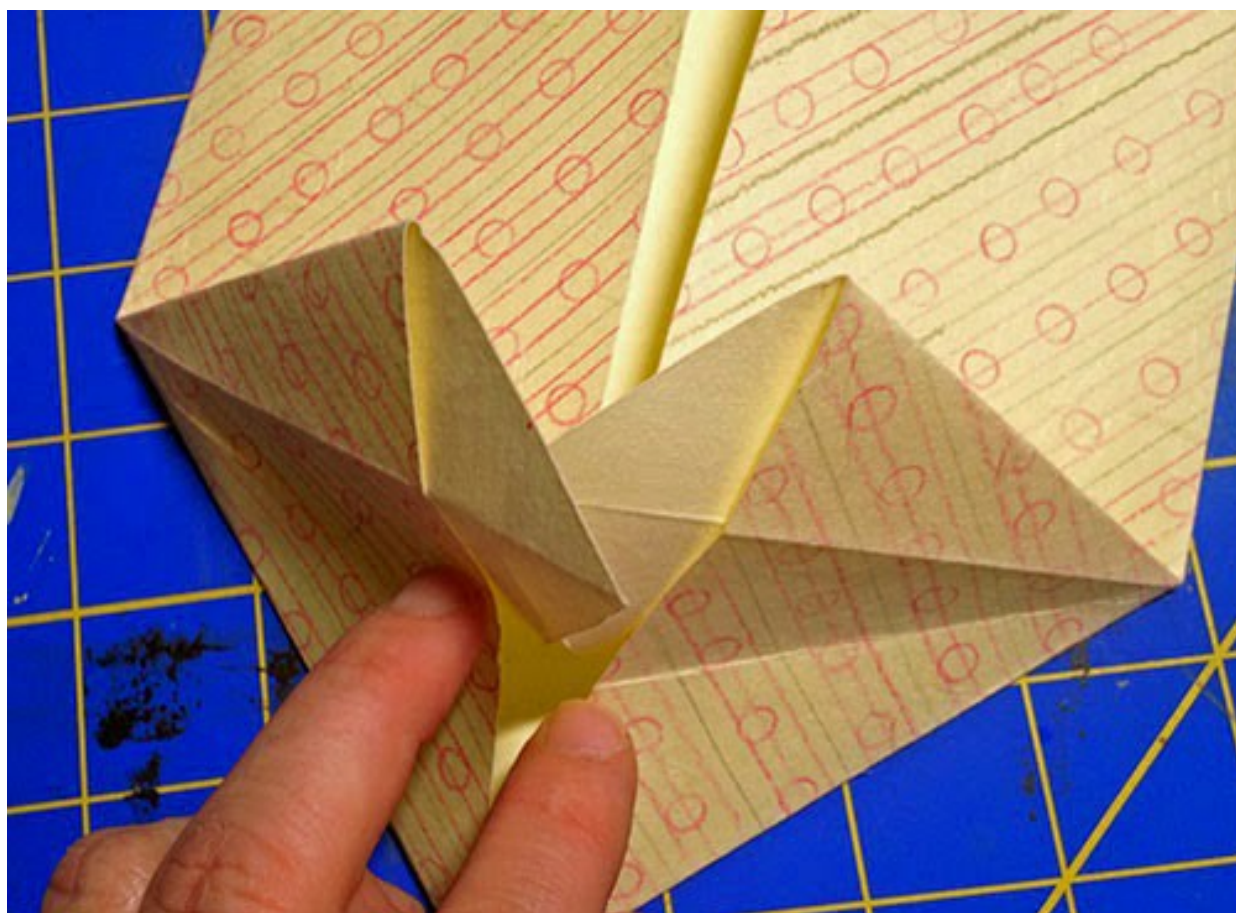
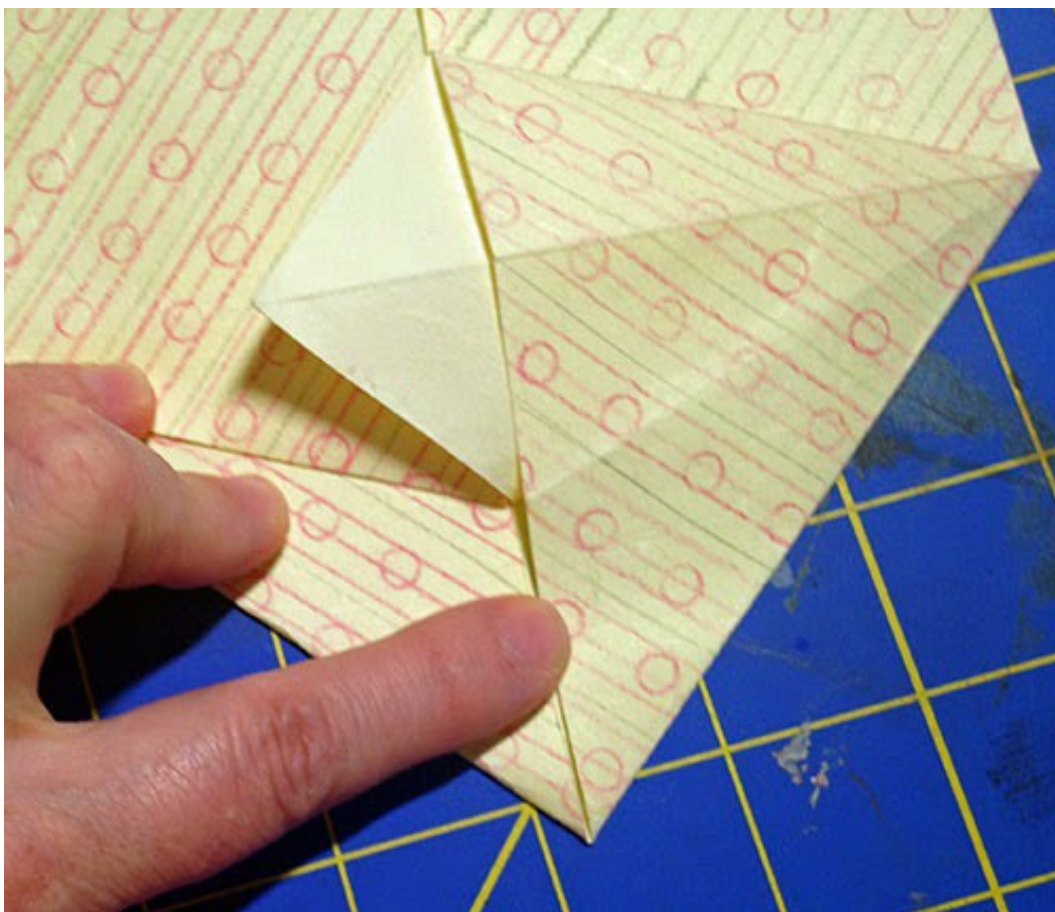


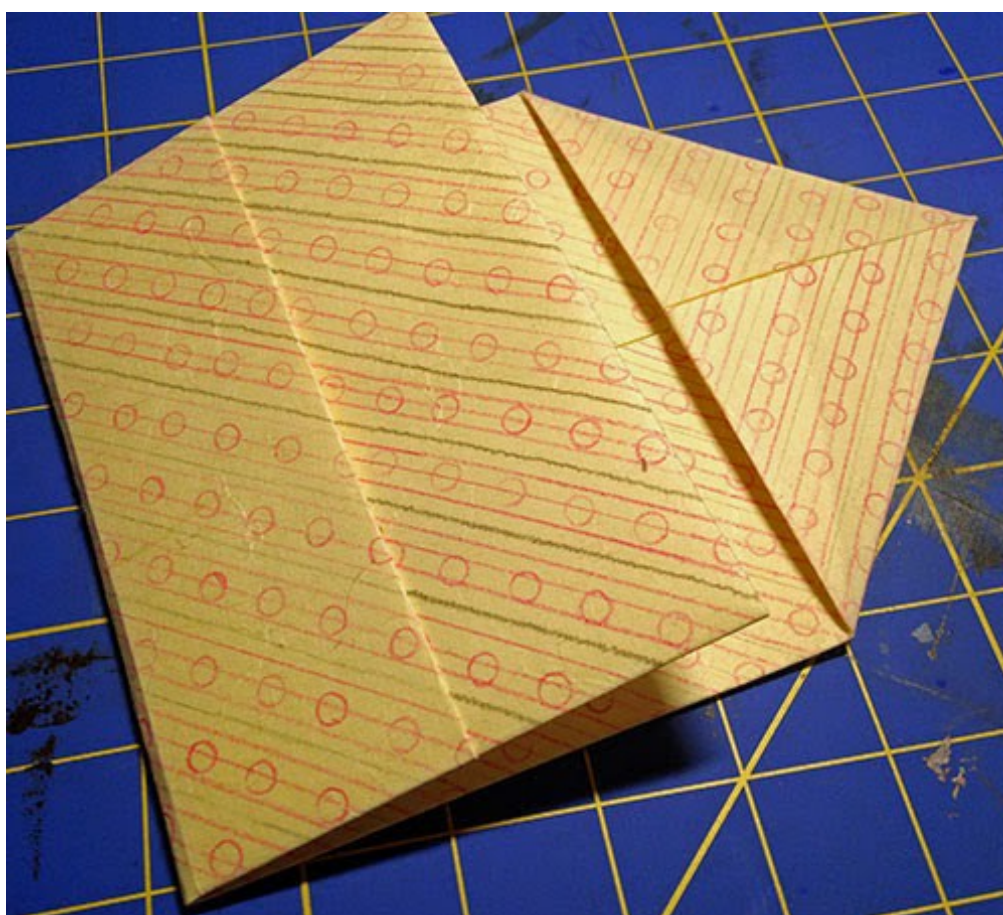
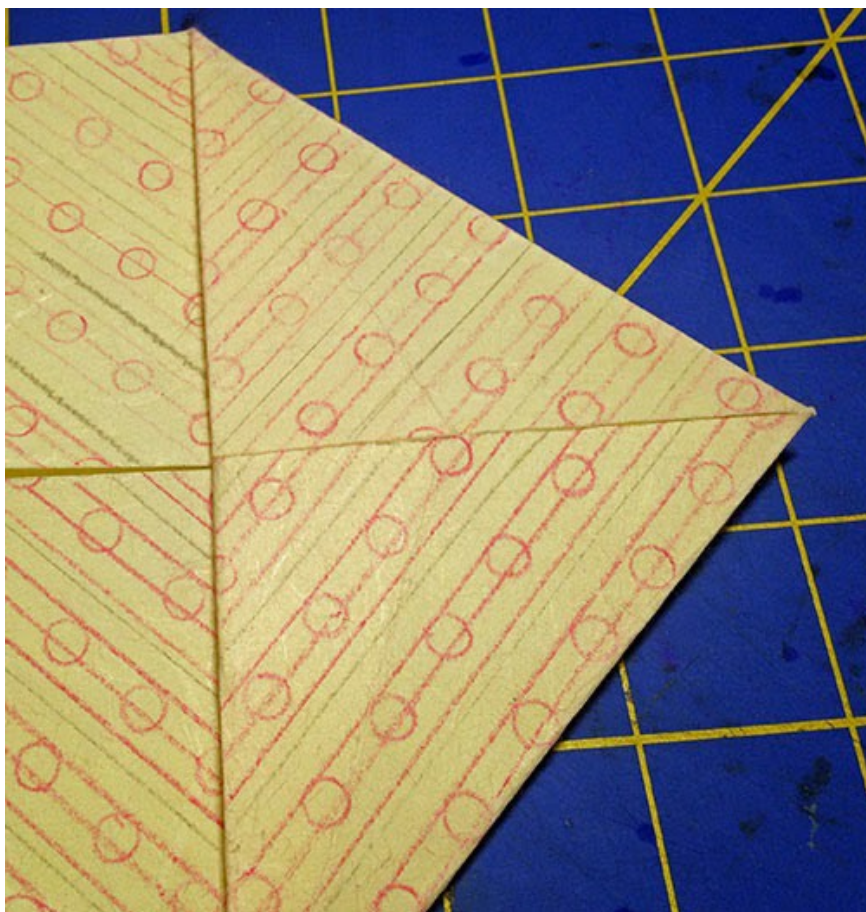




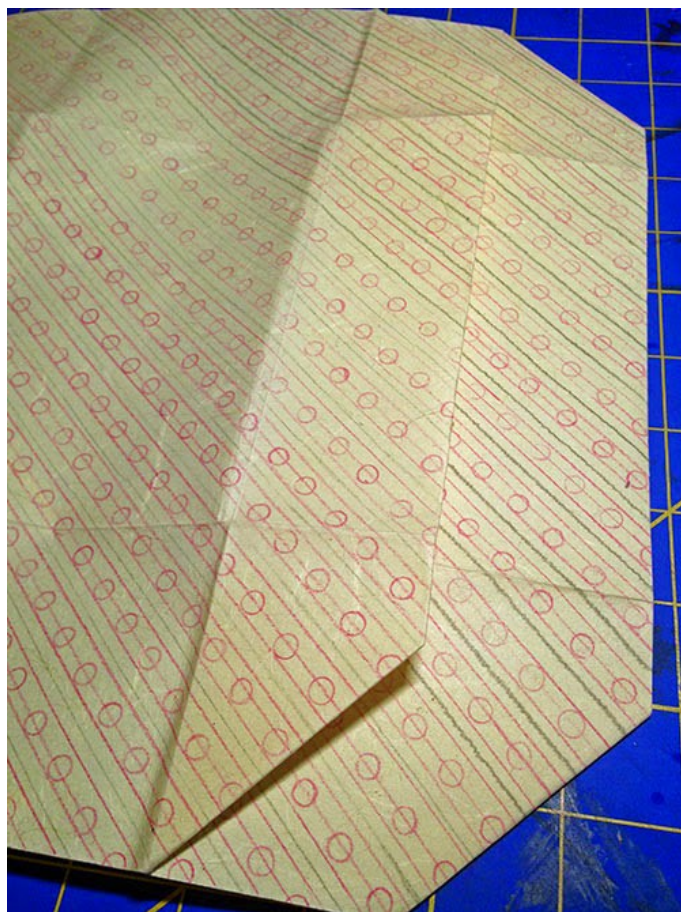


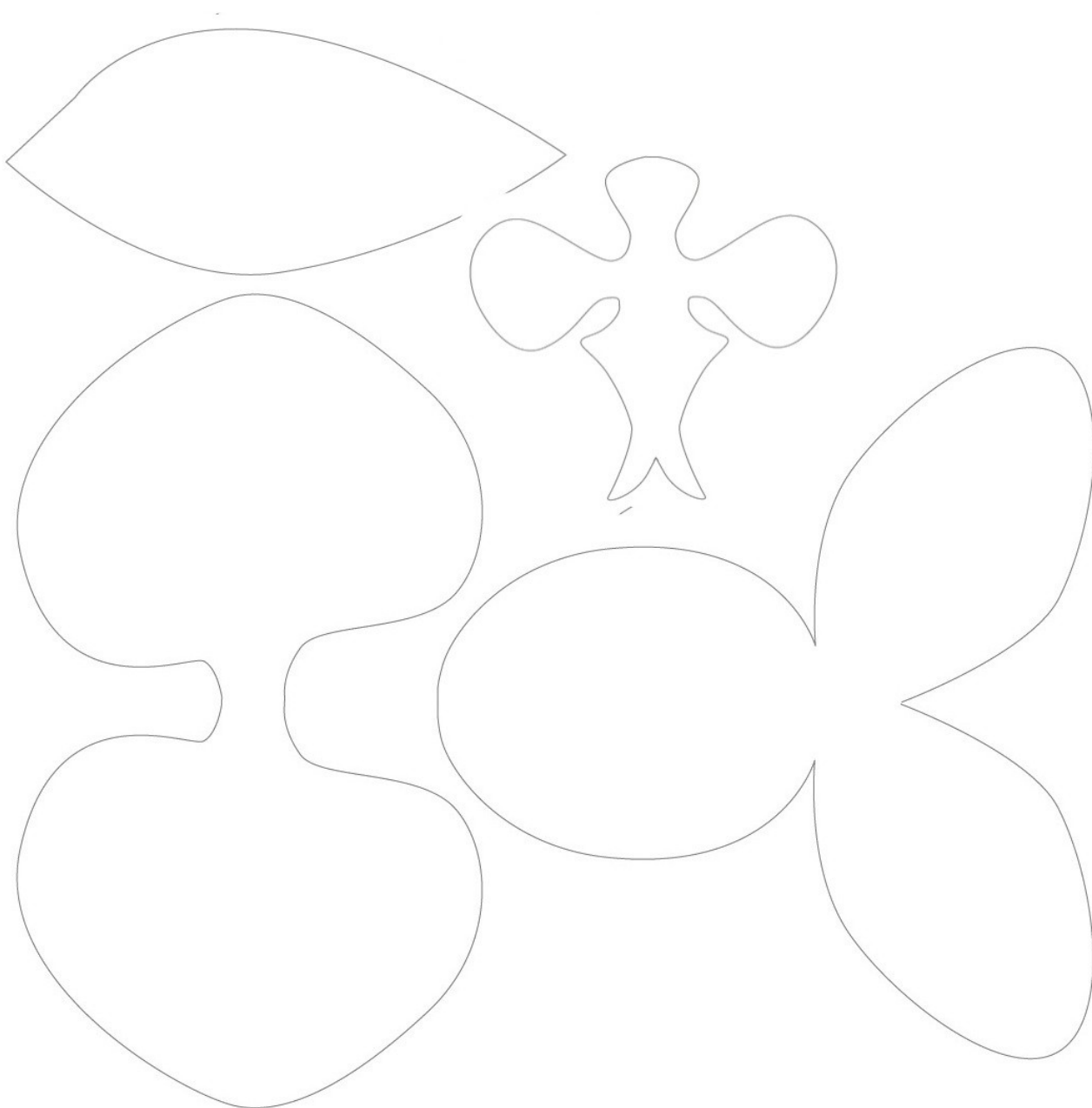












FRITTATA DI FINOCCHI AL FORNO LIGHT

DOSI: 4 PERSONE COSTO: BASSO MEDIO ALTO

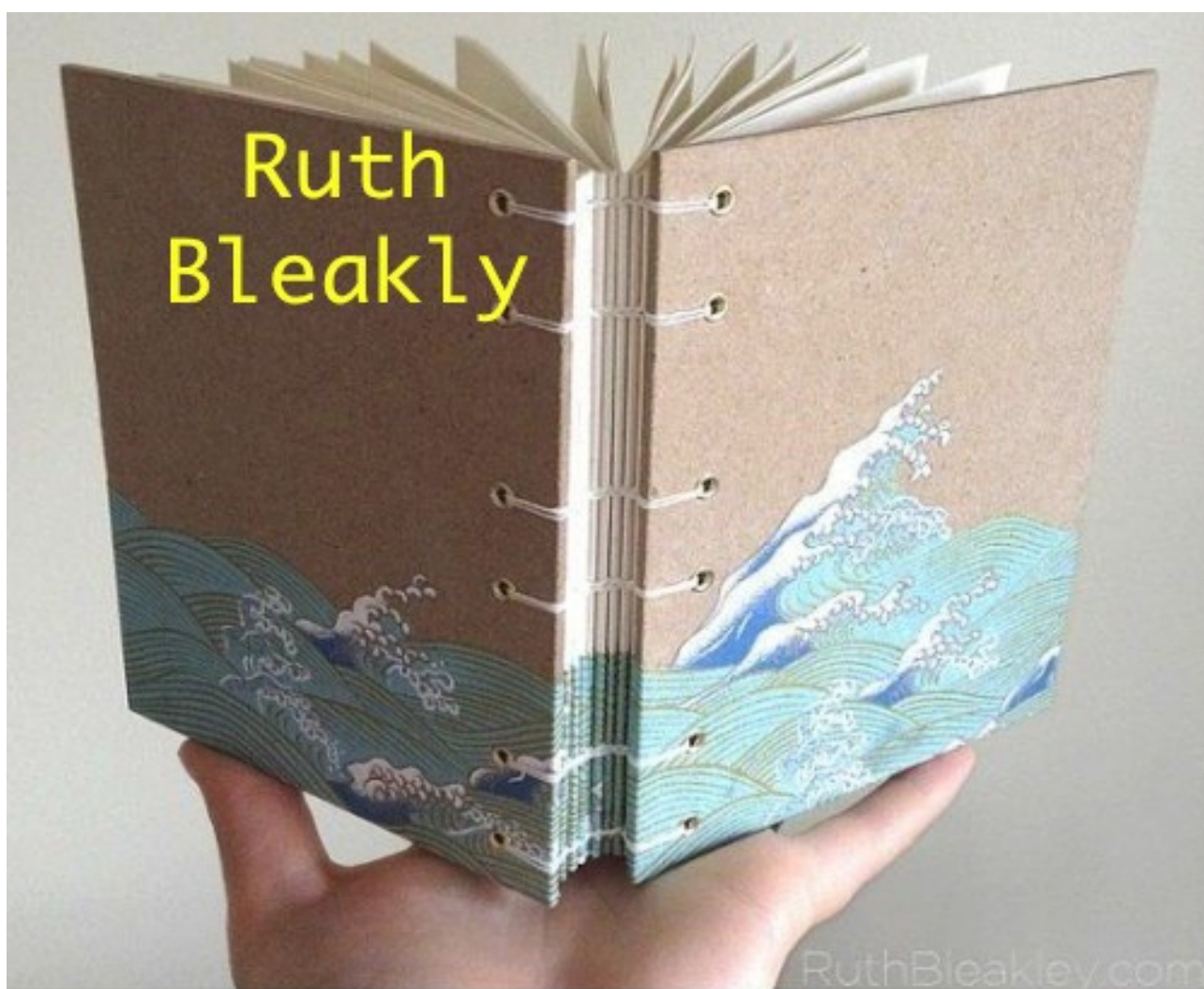
Ingredienti

4 finocchi | 5 albumi e 3 tuorli | 1 cucchiaio di parmigiano grattugiato | 2 cucchiai di latte scremato | sale e pepe | olio di oliva

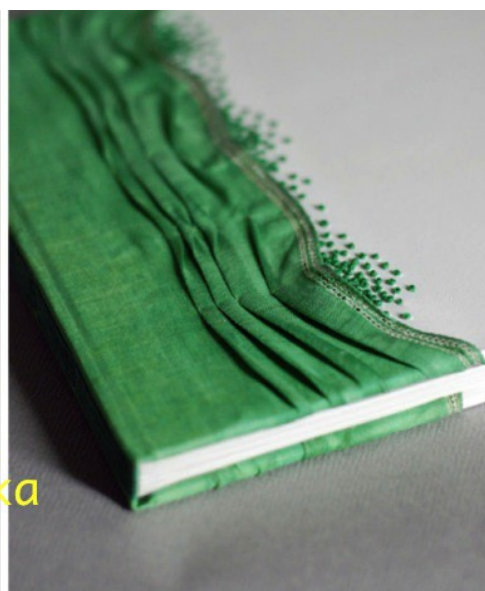
Preparazione

1. Lavare i finocchi, pulirli bene ed affettarli. Metterli a sbollentare in acqua bollente fino a quando risultano teneri.
2. Sgusciare le uova (5 albumi e 3 tuorli) in una ciotola e montarli per qualche minuto con le fruste elettriche. Unire il parmigiano, il latte, il sale e il pepe mescolando delicatamente dal basso verso l'alto.
3. Unire i finocchi, mescolare ancora e trasferire il composto all'interno di una teglia da forno unta di olio.
4. Cuocere in forno caldo a 180 °C per circa 25-30 minuti.









Natalie Stopka



Can you walk through your dying process from the creation of the pigments to the dying of the materials? Where did you learn these techniques?

Beginning with the techniques I learned at the **Textile Arts Center**, I extended my natural dye experiments into bookbinding. There was some trial and error at first as I selected and mordanted paper samples. Papermakers generally color the pulp with pigment prior to forming sheets, so there is not a lot of information on how to dye paper, or how the dyes and mordants affect it over time. But paper is just cellulose fiber like many fabrics I had experience dyeing, so I jumped in. I decided to use **Zerkall Ingres**, which is quite absorbent due to its composition, but also has good wet strength. And when folded down it makes a lovely signature size.

The first step in dyeing is to source or collect plant material. In this case I used plants I foraged in upstate New York including oak leaves, cherry bark, Queen Anne's lace, apple bark, and yarrow, the only exception being indigo. I chopped and soaked or simmered the plant material to extract the dye, then strained the dye liquor into a big stainless steel vat containing the mordanted paper and other book materials. After about 12 hours in the vat, everything was ready to carefully remove and dry.



As with my **embroidered botanical illustrations**, these books demonstrate the different shades of color (sometimes slight) that result when a single dye is applied to various substrates. The linen cover, silk headbanding thread, Zerkall Ingres pages, and linen binding thread were all dyed in the same vat. The endpapers were made from the uppermost sheet of paper in the bath, which became patterned by the evaporation of the dye. My favorite book was dyed with black cherry bark – I left the dye vat outside overnight, and a light frost left crystal patterns on the endpapers! Initially I expected the papers to take the dye evenly in a uniform shade, but most dyes were absorbed with a good deal of variation, making a richly toned surface.













CIAMBELLE E BOMBE FRITTE SOFFICI

DOSI: 6 PERSONE COSTO: BASSO MEDIO ALTO

Ingredienti

500 g di farina (metà 00 e metà manitoba) | 1 bustina di lievito di birra secco | 80 g di zucchero | 250 ml di latte intero | vaniglia | 80 g di burro | olio per friggere | zucchero semolato

Preparazione

1. In una ciotola grande mischiare insieme la farina setacciata, il lievito e lo zucchero. Fare una conca al centro e unire il latte tiepido quindi iniziare a impastare il tutto con un cucchiaino per un minuto.
2. Una volta raccolti insieme tutti gli ingredienti unire il burro semi-fuso (dovrà risultare cremoso) e incorporarlo impastando a mano continuando a lavorare il tutto fino ad ottenere un panetto liscio, omogeneo e che non appiccichi più.
3. Porre l'impasto in una ciotola e coprire con la pellicola, quindi lasciare lievitare in forno spento con solo la luce accesa per almeno due ore. L'impasto sarà pronto quando avrà più che raddoppiato il suo volume. Una volta lievitato stendere l'impasto su un piano di lavoro infarinato, fino ad ottenere una sfoglia spessa 1 cm.
4. Con un coppapasta di 8 cm ricavare vari cerchi, che poi sposterete su una teglia rivestita di carta forno e spolverizzata di farina, quindi spolverizzare di farina la superficie, coprire con un canovaccio e lasciare lievitare per altre due ore fino al raddoppio del volume. Rfinire i ritagli rimuovendo le parti troppo sottili e porre anche questi a lievitare a parte.
5. In un pentolino alto e stretto riscaldare l'olio (se possibile mantenendolo a 175°) e friggere le bombe una alla volta, 30 secondi per lato finché non saranno uniformemente gonfie e dorate. Friggere anche i ritagli e lasciare scolare tutti i pezzi ottenuti su un vassoio rivestito di carta assorbente.



WAIT ABOUT AN HOUR.
WHEN THE WAX HARDENS, CUT THE CANDLE WICKS ABOVE EGGSHELLS.



HAPPY
EASTER!



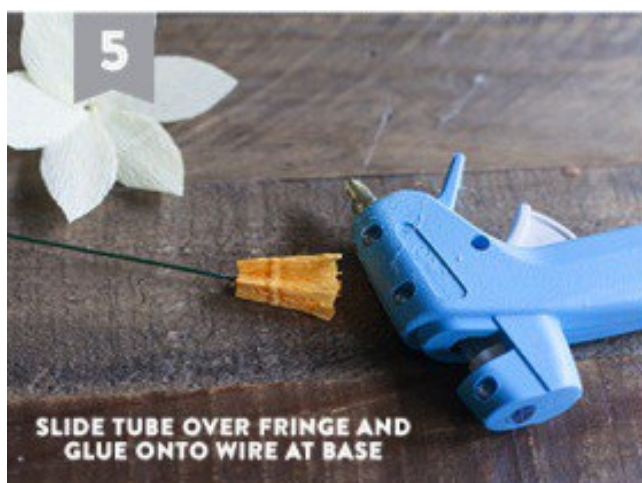
YOU WILL NEED:



TWIST CANDLE WICKS AROUND TOOTHPICKS
(METAL BASE SHOULD TOUCH BOTTOM OF EGGSHELLS).









María José
Directo al Paladar

arroz con leche



Ingredientes para 6 personas

- 180 g de arroz redondo, 1´250 litros de leche entera, 180 g de azúcar, una piel de limón, 40 g de mantequilla, un chorrito de anís, una pizca de sal, 1/2 vaso de agua y azúcar para quemar.

Cómo hacer arroz con leche tradicional

Empezamos poniendo al fuego una cazuela con el agua, la sal y el **arroz**. Dejamos que el arroz se haga un poco a fuego muy lento unos pocos minutos. Después agregamos la leche, la piel de limón, la mantequilla y el chorrito de anís y **dejamos que cueza a fuego muy bajo** durante 1 hora o hasta que el arroz esté hecho y se forme una crema.



Una vez cocido, agregamos el **azúcar** y dejamos que cueza unos 5 minutos más. Lo dejamos reposar un poco y **lo repartimos en recipientes individuales**. Cuando esté frío, espolvoreamos la superficie con azúcar y lo quemamos con una plancha o con un soplete. Guardar en la nevera hasta el momento de servir.

Tiempo de elaboración | 1 hora y media

Dificultad | Fácil

Degustación

A nosotros, el **arroz con leche tradicional** nos gusta muy frío, por eso lo guardo siempre en la nevera, para servirlo bien fresquito. Según lo dulce que os guste podéis ponerle más o menos azúcar encima para quemarlo con el soplete.



SEMINZAIO PER RIPRODUZIONE FIORI

OCCORRENTE:

VASCLETTE DELLE UOVA

SEMI

TERRICCIO

CUCCHIAIO

FORBICE

Mettiamo un semino da fiore o ortaggio al centro del comparto e copriamo con un velo di terriccio. Lo spessore consigliato per la copertura è da 1 a 1,5 volte rispetto alla dimensione del seme. Premiamo leggermente la terra per evitare le "bolle" intorno ai semi.

Una volta eseguita l'operazione della semina, possiamo innaffiare avendo ben cura di non far cadere l'acqua con forza: meglio farla scivolare dalle mani. La delicatezza in questa fase iniziale è necessaria. Il semenzaio va posizionato in un luogo abbastanza ombreggiato e al riparo dal vento. Sotto possiamo disporre un grande sottovaso per lo scolo dell'acqua.

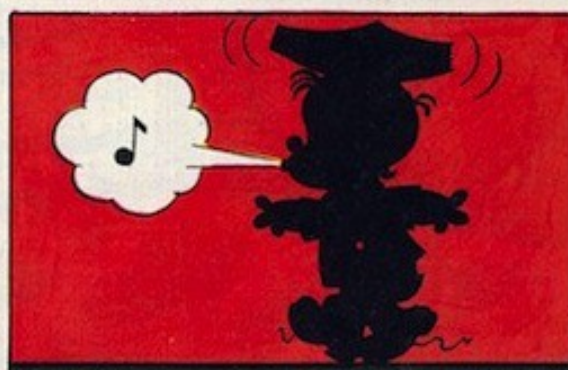
Se dovessero esserci delle giornate particolarmente fredde, potremo coprire i comparti chiudendo la confezione delle uova. Se usati con il coperchio, i contenitori diventano, infatti, all'occasione, anche piccolissime serre!

Innaffiate regolarmente almeno due volte a settimana (per regioni più calde e secche, tre volte) con acqua né troppo fredda né troppo calda, ma alla temperatura dell'ambiente del substrato.

Se non abbiamo buona memoria, non dimentichiamoci i cartellini, che dovranno riportare giorno di semina e nome della varietà.

Dopo qualche settimana, quando le piantine saranno cresciute fino a circa 10-15 cm e avranno già alcune foglie, potremo trapiantarle nei vasi, prelevando con molta attenzione, con l'aiuto di un cucchiaino, tutto l'interno del comparto, ovvero terra e piantina, in modo che il passaggio sia meno traumatico.





How to Make Wood Wicks



For Wicks:

- Balsa wood sticks, 1/4 by 1/16 by 32 inches
- Scissors
- Olive oil
- Flat dish
- Paper towel
- Wood wick tabs

Tip: Both hard and soft woods can be used to make wood wicks. Balsa wood sticks are long, lightweight wooden craft sticks that can be found at most hobby stores. They are budget-friendly and come in several different sizes, which can all be made into wood wicks using this method.

For Candles:

- Glass jars
- Wax adhesive
- Paraffin, soy or beeswax
- Spouted glass or metal container
- Heat-safe gloves, pot holder or oven mitt
- Large bowl
- Tongs

Step : Cut the Balsa Wood

To make these wood wicks, snip the balsa wood stick to your desired wick size. If making the wicks for a specific candle project, cut the wood about 1 inch above your glass candle jar. Use scissors or a wick trimmer to cut the wood to size.

Step 2: Soak and Coat the Wood

Soak the wood pieces in olive oil for 20 minutes, then remove them and wipe clean with a paper towel. The olive oil coats and soaks into the wood, which will help supplement the burning quality when the candle is lit.

Soak in clean olive oil for cleaner burning.

Step 3: Place Wood in Wick Tabs

Push the oil-treated wood pieces into wick tabs, and they're ready for use in your next candle-making project.

Wick tabs and clips can be found at most craft stores or online.

Step 4: Adhere Tabs to Bottom of the Jars

Using wax adhesive, press the wick tab onto the bottom center of the glass jar. The adhesive will help keep the wick centered after the wax is poured.

Tip: Mason jars, jelly jars and baby food jars all make recyclable options for candle-making.

Step 5: Cut Wax for Melting

Cut blocks of wax into pieces, placing into a spouted glass or metal container. Keeping food safety in mind, use a container specifically for candle-making or craft projects; a heat-resistant glass liquid measuring cup works well, so long as it isn't a part of your kitchen tools.

Wax melts quicker when cut into smaller pieces.

Step 6: Heat and Melt Wax

Heat the wax over a medium-high heat source, such as on a hot plate or in a double boiler, until completely melted to a clear liquid. Do not touch the hot glass. Add a few drops of your favorite candle fragrance oil at this stage, if you like.

Use a hot plate or double boiler to heat up the wax.

Step 7: Warm the Jars

Warm the glass jars just prior to pouring in the liquid wax; doing so will help prevent jump lines in the finished candle. To warm them, cover them in a sink or bowl with hot water and remove with tongs when ready to pour wax. Dry their insides completely before putting wax in them.

Step 8: Pour Wax Into Jars

Wearing heat-safe gloves, a hot pad or oven mitt, slowly pour the hot liquid wax into the center of the jar, coating the wooden wick and filling the jar to the base of the rim. Allow the wax to completely cool and harden.

Warming the jars beforehand will help prevent jump lines in the finished candle.

Step 9: Trim Wicks

When cool, trim the wooden wick to 1/3 inch above the wax, and they're ready for use.

Tip: Trimming the wicks too close to the wax will make the candle difficult to light.

Don't trim too close to the wax.

Step 10: Light Candle

Light the wooden wicks. Always keep a burning candle within sight, and use caution when handling the glass containers after a candle has been burning.

Candles make good gifting options and can be made ahead of time to keep on hand for any last-minute gift needs.

<http://blog.kreativbuehne.de/>



OSTERHASE

VORLAGE ZUM AUSSCHNEIDEN

- 1 Schneide die einzelnen Papierteile entlang jeder durchgezogenen Linien aus.



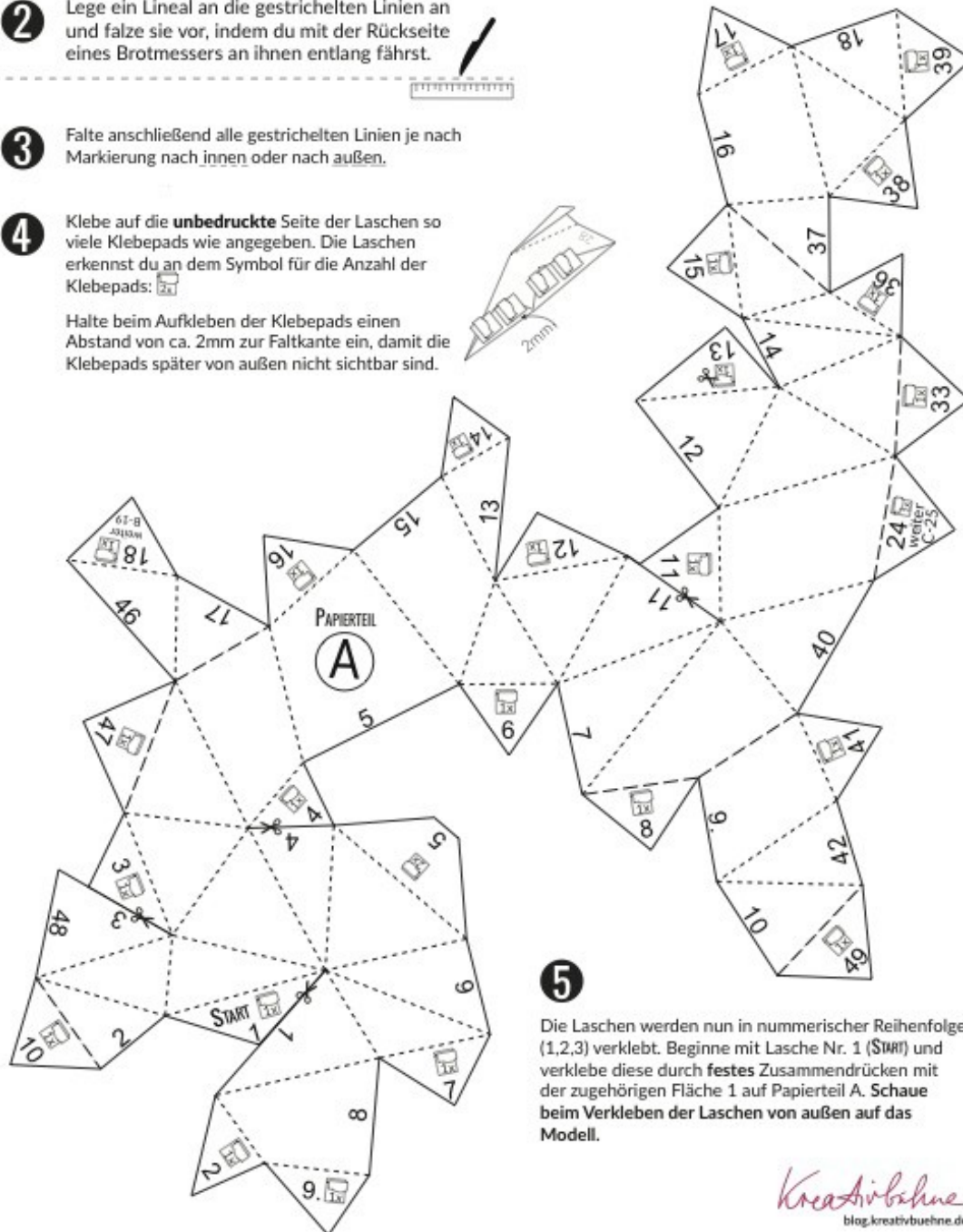
- 2 Lege ein Lineal an die gestrichelten Linien an und falze sie vor, indem du mit der Rückseite eines Brotmessers an ihnen entlang fährst.



- 3 Falte anschließend alle gestrichelten Linien je nach Markierung nach innen oder nach außen.

- 4 Klebe auf die **unbedruckte** Seite der Laschen so viele Klebepads wie angegeben. Die Laschen erkennst du an dem Symbol für die Anzahl der Klebepads:

Halte beim Aufkleben der Klebepads einen Abstand von ca. 2mm zur Faltkante ein, damit die Klebepads später von außen nicht sichtbar sind.






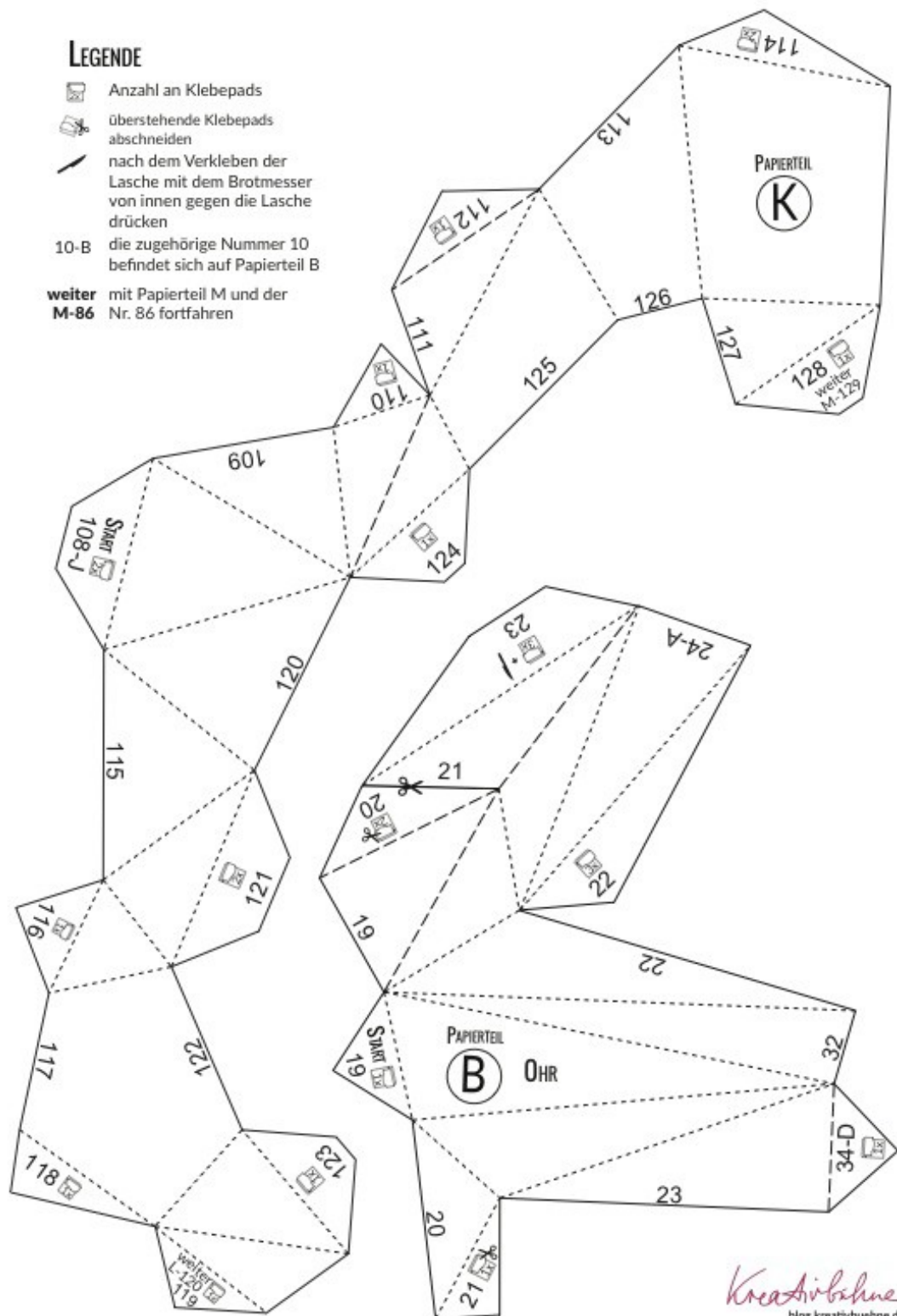
5

Die Laschen werden nun in numerischer Reihenfolge (1,2,3) verklebt. Beginne mit Lasche Nr. 1 (START) und verklebe diese durch festes Zusammendrücken mit der zugehörigen Fläche 1 auf Papierteil A. Schaue beim Verkleben der Laschen von außen auf das Modell.

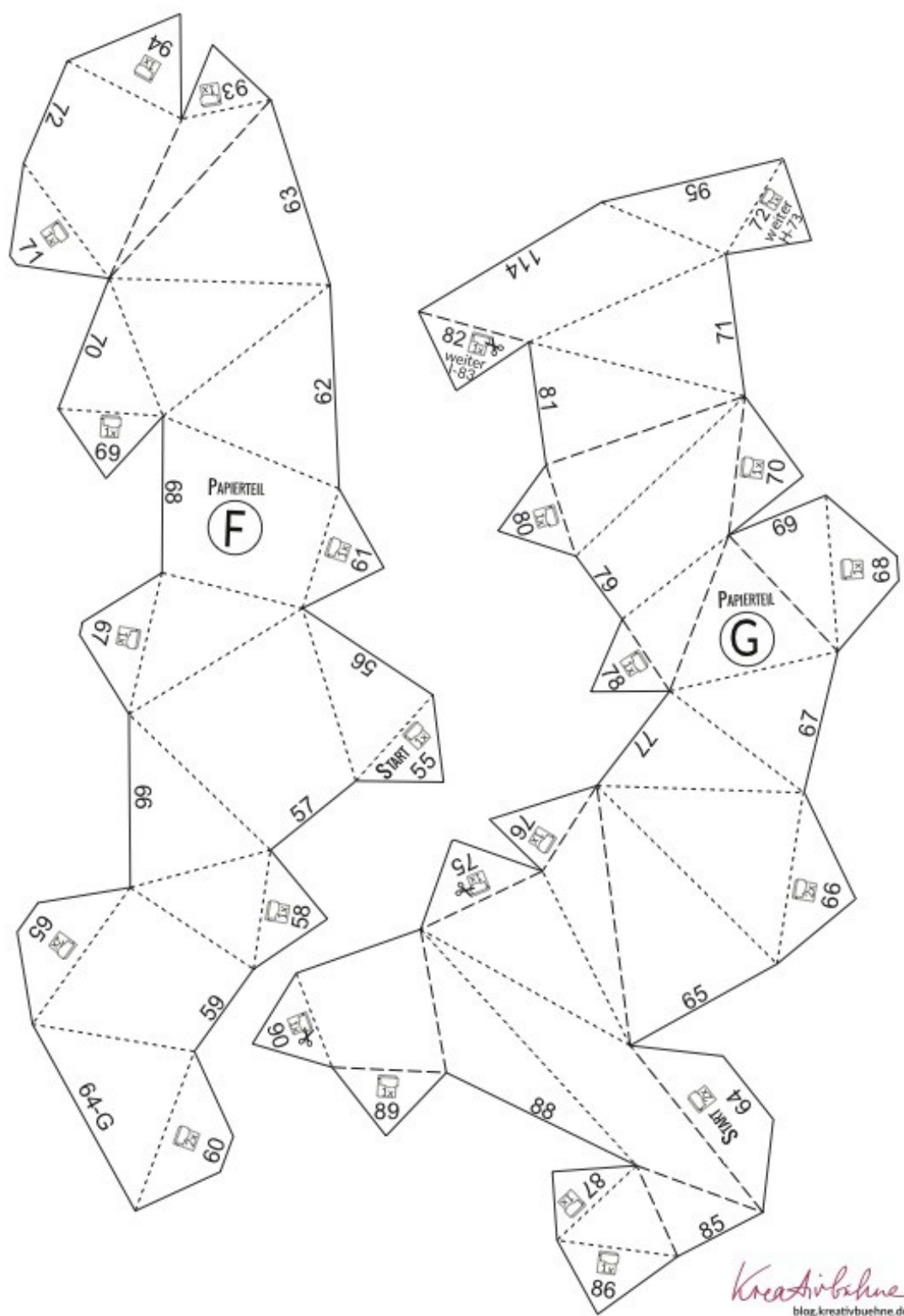
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LEGENDE

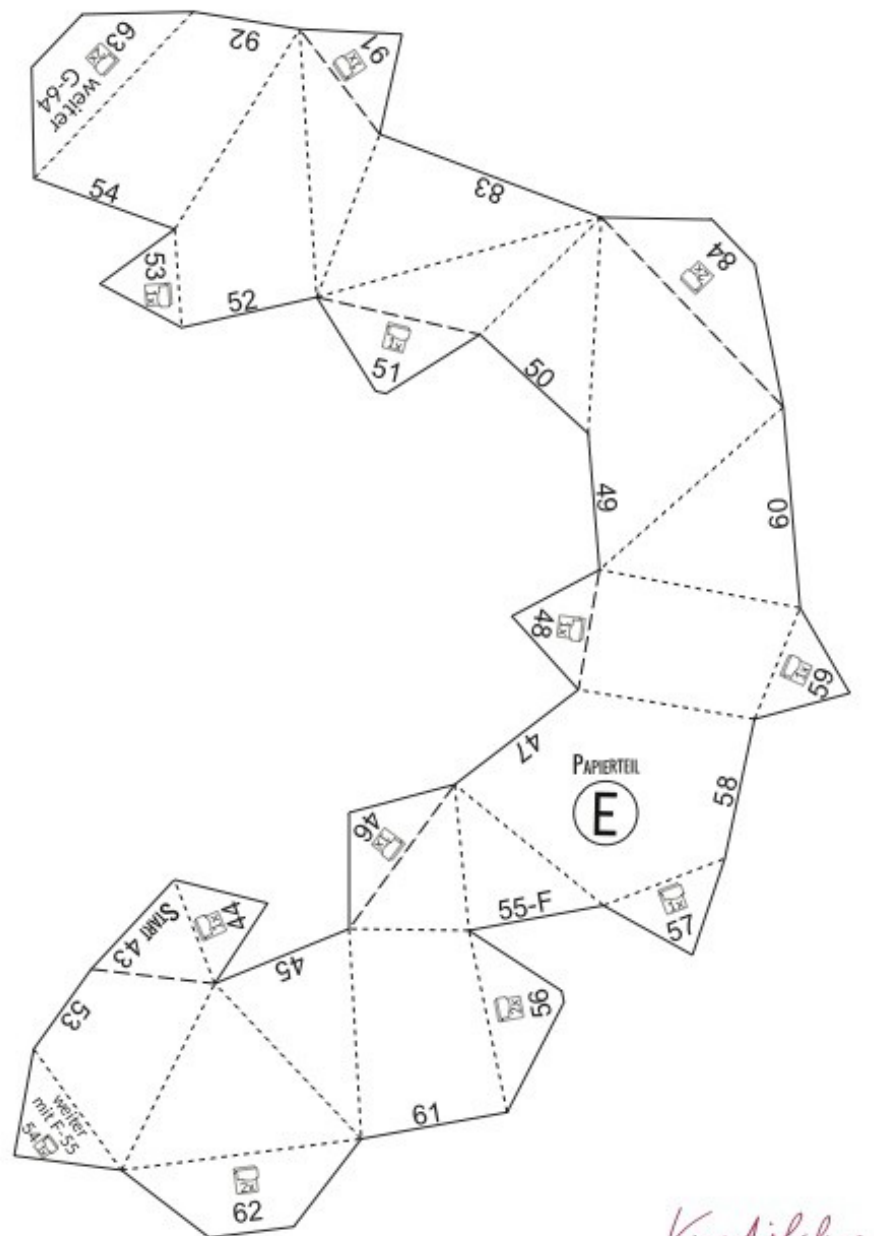
-  Anzahl an Klebepads
-  überstehende Klebepads abschneiden
-  nach dem Verkleben der Lasche mit dem Brotmesser von innen gegen die Lasche drücken
- 10-B die zugehörige Nummer 10 befindet sich auf Papierteil B
- weiter mit Papierteil M und der Nr. 86 fortfahren



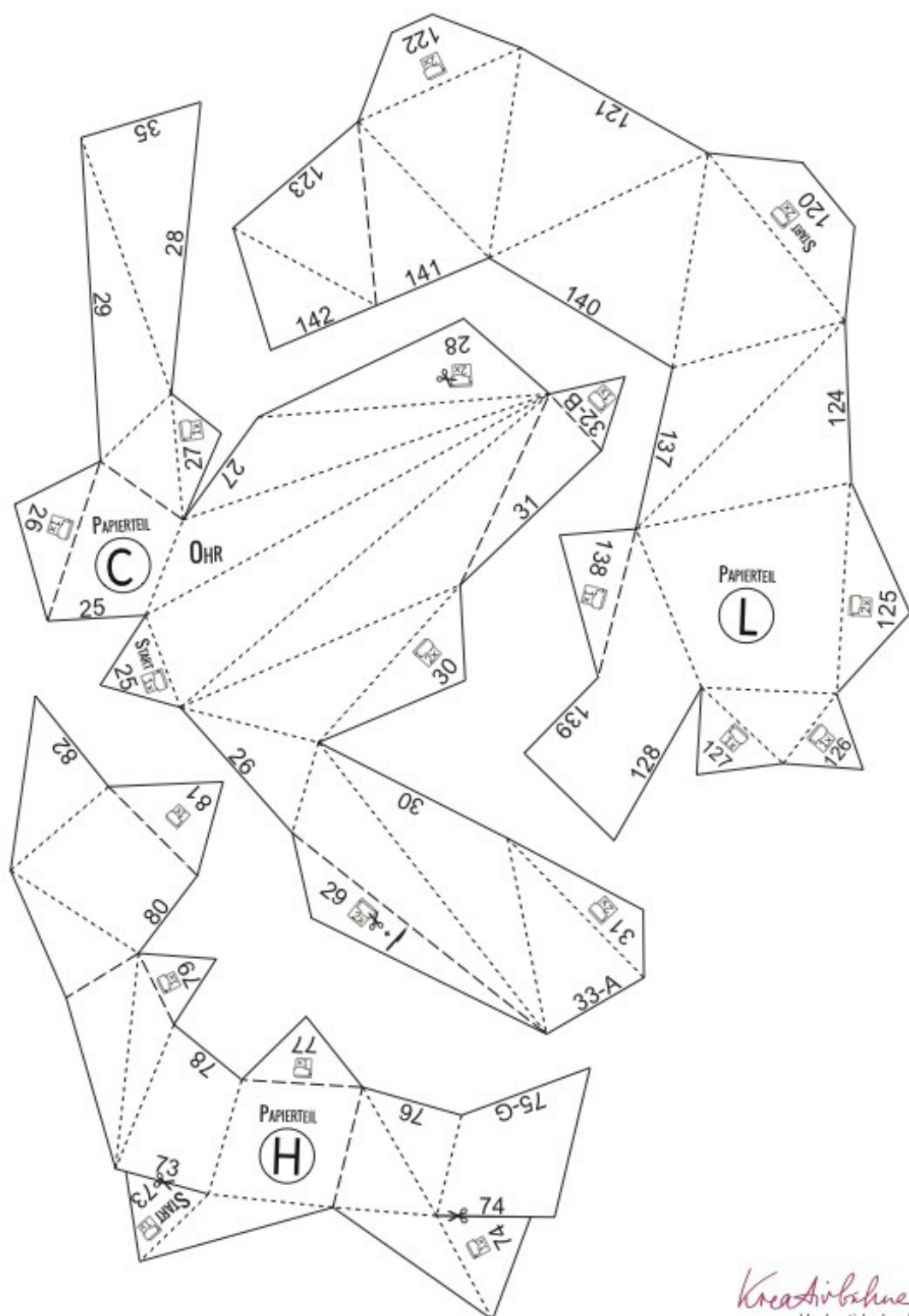
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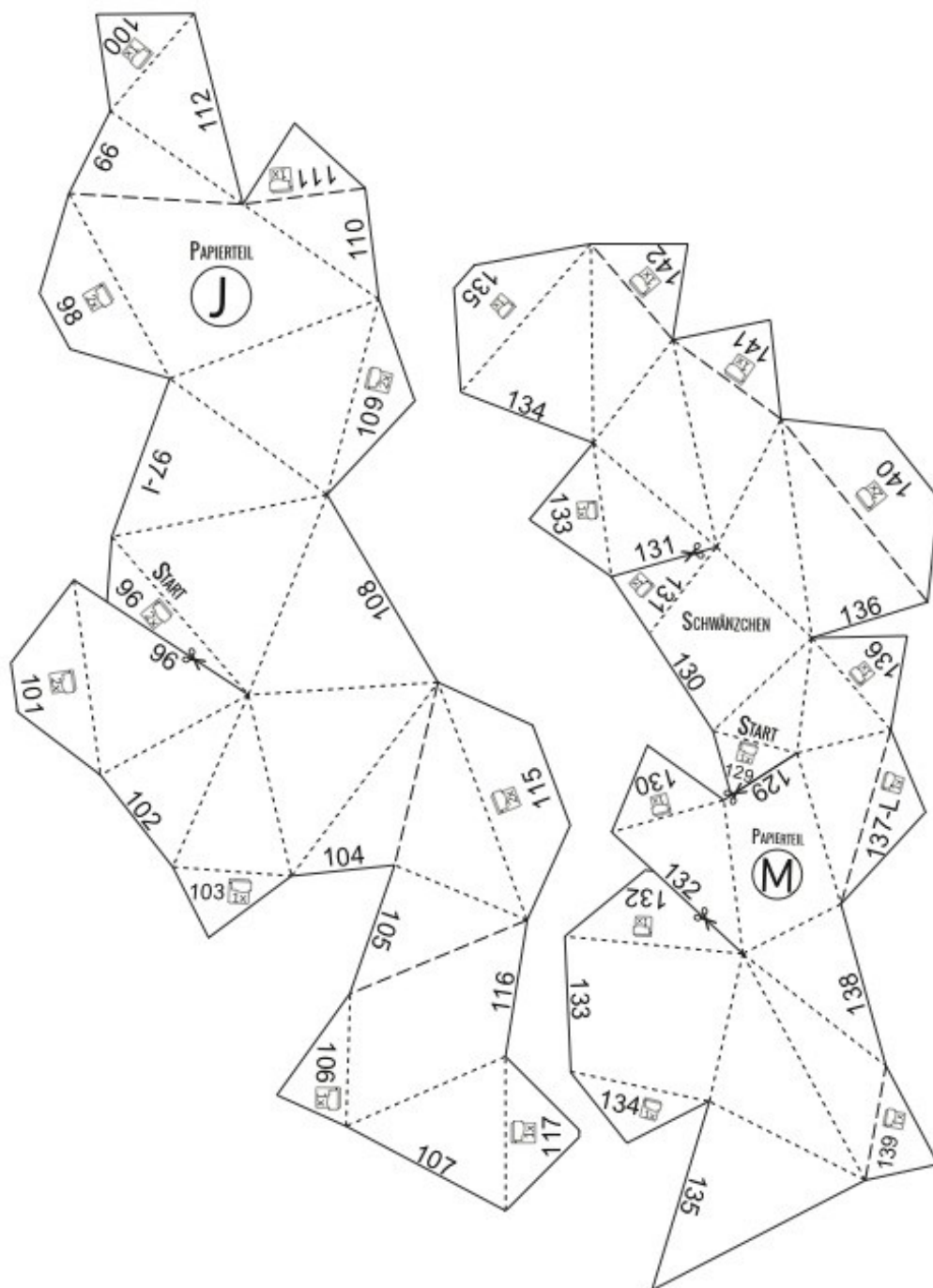
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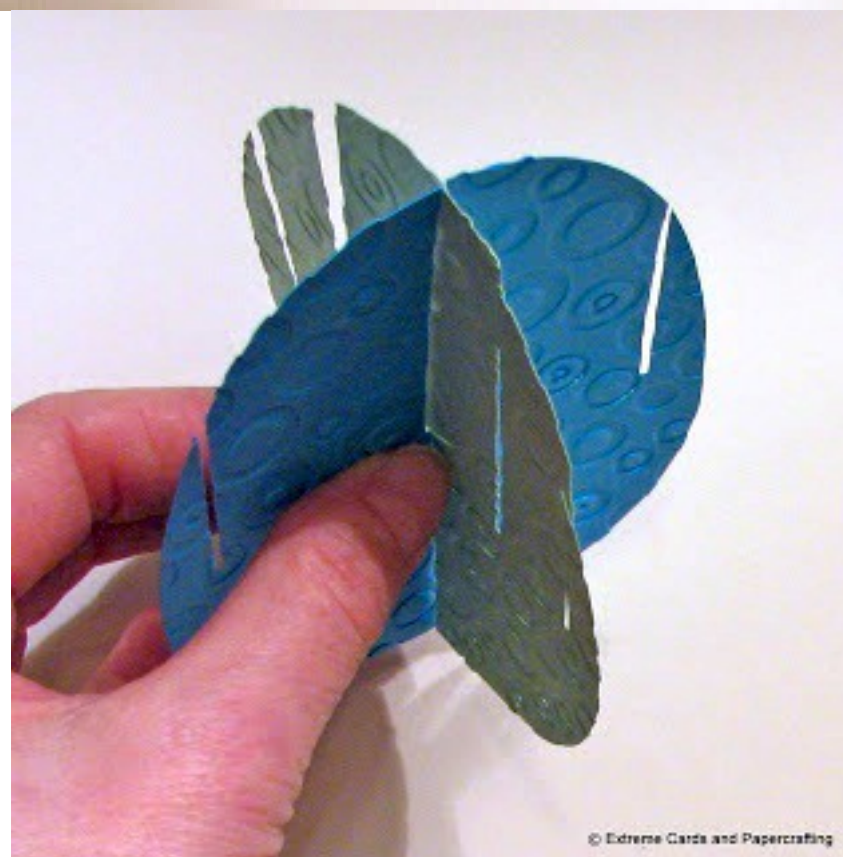


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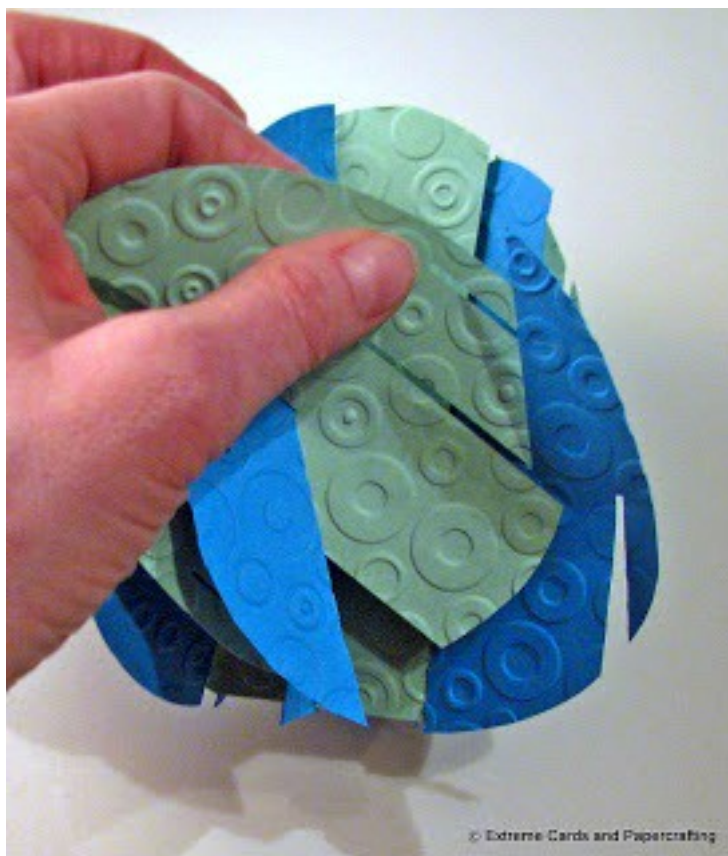
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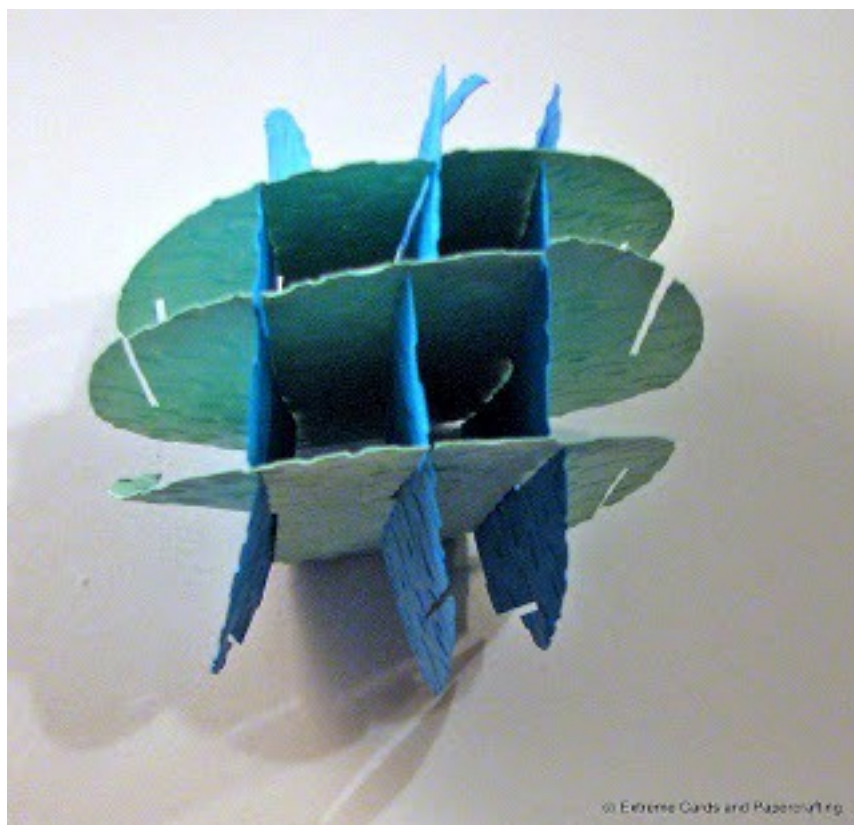








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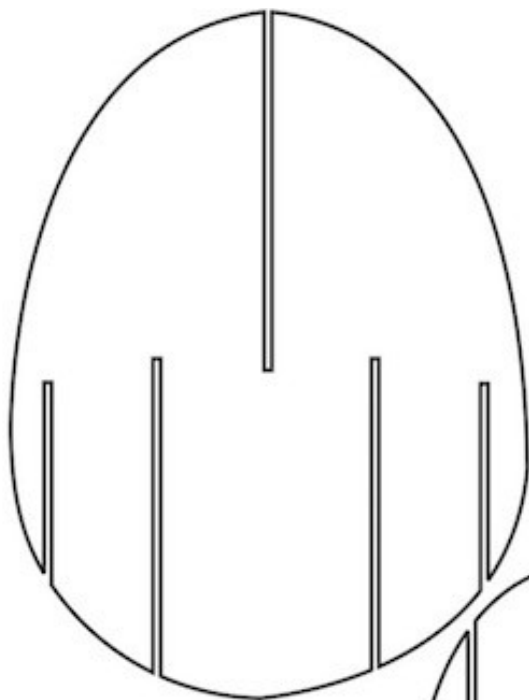
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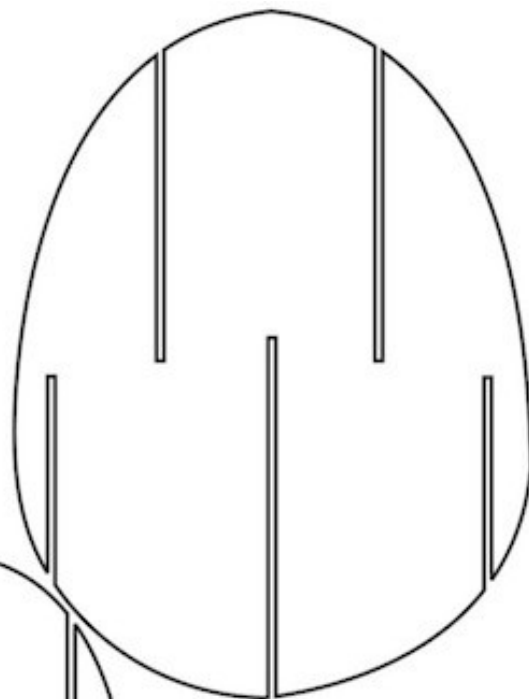




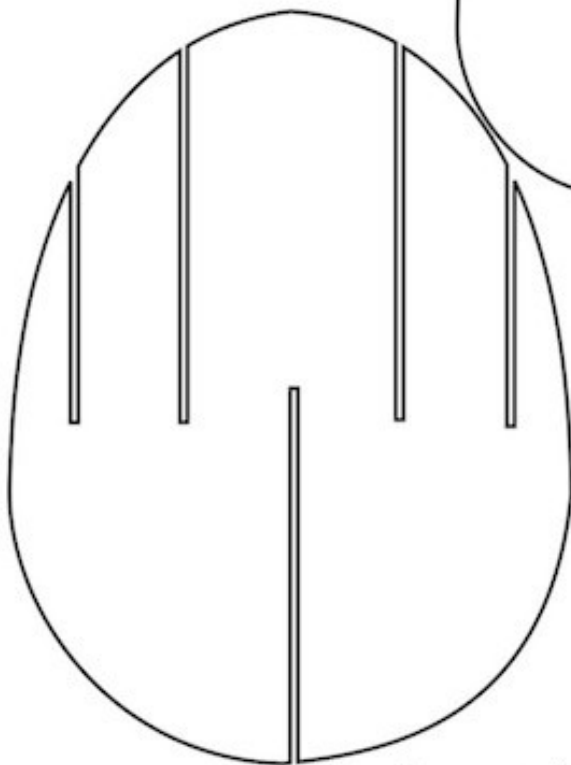
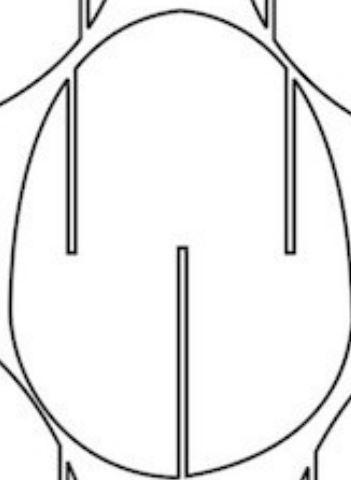




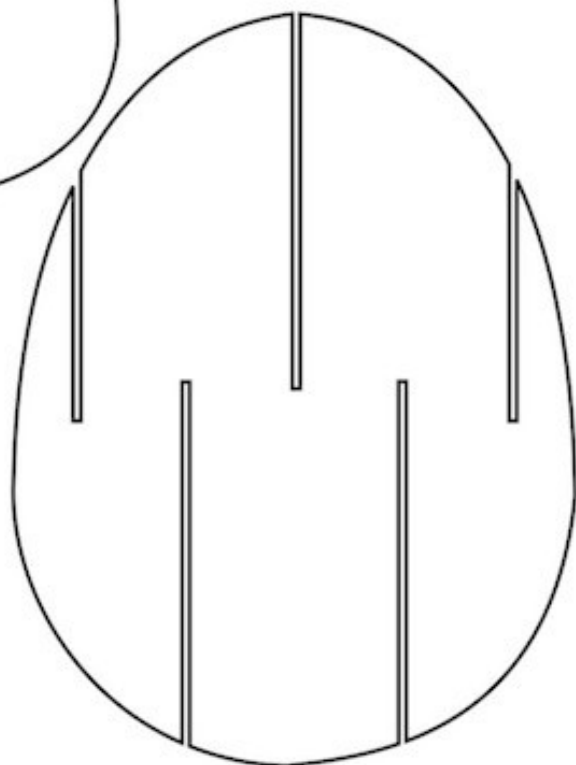
Medium A



Medium B



Large A



Large B



TANTI AUGURI A CUORE APERTO COL TRENINO DELL'INSERTO!

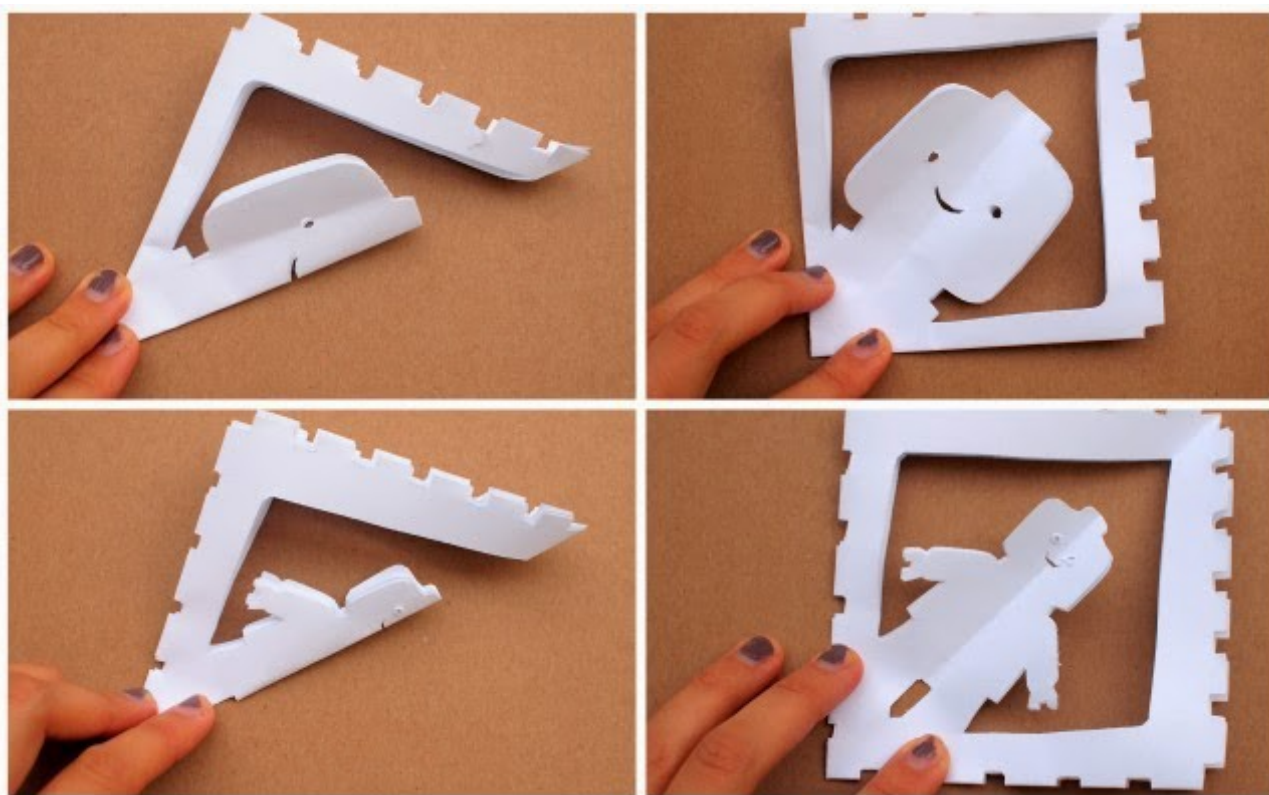
CORRIERE dei PICCOLI

Anno LVI - N. 52

27 Dicembre 1964

L. 80





BLINIS CON SALMONE, PANNA ACIDA E ANETO

DOSI: 4 PERSONE COSTO: BASSO MEDIO ALTO

Ingredienti

100g di salmone affumicato | 150g di farina, | 300g di latte | 300g di panna | 1 yogurt bianco magro | 1 limone | 1 noce di burro | 1/2 bustina di lievito | 1 uovo | un pizzico di sale e zucchero | 1 mazzetto di aneto .

Preparazione

1. Versare in una ciotola il latte insieme al lievito, unire il sale, lo zucchero, la panna acida, il burro fuso l'uovo e la farina. Mescolare bene fino ad ottenere un composto omogeneo e privo di grumi.
2. Versare il composto a cucchiaiate in padella e cuocere in modo da ottenere delle crespelle spesse.
3. Tagliare i blinis con il coppapasta e farcire con panna acida e pezzi di salmone.
4. Decorare ogni blinis con dell'aneto e porre sui piatti da portata. Servire subito.



Canapè di salmone, formaggio e miele



Ingredientes para cuatro personas

- 50 g de salmón ahumado, estragón seco, 125 g de queso crema, 1 cucharada sopera de nata líquida, 8 rodajas de pan de miga o pan de canapé, 1 cucharada sopera de miel, sal y pimienta.

Cómo hacer canapés de salmón, queso crema y miel

En un bol **mezclar** el queso crema, la nata líquida, la **miel** y las hojas de estragón, que también puede ser fresco si disponéis de él. Salpimentar.

Tostar, si el pan es de miga, unos minutos las tostas en el horno, o bien si es pan tostado, colocar éstas en una bandeja de servicio.

Cortar la loncha de salmón ahumado en cuatro rectángulos similares a la forma de las tostas. **Extender la crema** de queso y miel. Colocar el **salmón** encima haciendo un pequeño rulo. Servir al momento.



Tiempo de elaboración | 10 minutos

Dificultad | Muy fácil

Degustación

Los **canapés de salmón, queso crema y miel** son deliciosos para una noche como hoy, pero también para preparar por su sencillez, en cualquier cena de diario en donde nos apetezca un sabor especial. La mezcla dulce salado es exquisita.



Cast on 75sts.

Row 1: *P3, k1, p1 then knit 1 into the next stitch – repeat from * to end

Row 2: 4 & 6: *K3, p3 and repeat from * to end.

Row 3: *P3, k1, then pick 1st up from row below, k1 then pick 1st up from row below, k1 – repeat from * to end.

Row 5: *P3, k1, then pick 1st up from row below, k3 then pick 1st up from row below, k1 – repeat from * to end.

Row 7: P3, *cast off 7sts, p2 repeat from * to last 3sts, p3.

Row 8: K3, *cast on 1st k2, repeat from * to last 3sts, k3.

Knit 12 rows stocking stitch then repeat the last 8 rows again.

Knit 4 rows stocking stitch.

Next row: K.

Next row: *K1, yfwd, k2tog, repeat from * to end.

Next row: K and then work 6 rows in stocking stitch.

Next row: *K1, yfwd, k2tog, repeat from * to end.

Starting with a purl row, work 5 rows of stocking stitch.

Next row: Pick up the stitch from the first row of the 6 knitted rows below the hole rows and knit this with the next stitch, repeating all the way to the end to make the picot.

Next row: K.

Shape the crown as follows:

K4, *slip 1, k2tog, psso, k7, repeat from * to end.

Starting with a purl row, stocking stitch the next 3 rows.

K3, *slip 1, k2tog, psso, k5 repeat from * to end.

Starting with a purl row, stocking stitch the next 3 rows.

K2, *slip 1, k2tog, psso, k3, repeat from * to end.

Next row: P.

K1, *slip 1, k2tog, psso, k1, repeat from * to end.

Break the wool and thread through the remaining stitches and sew the crown area.

Decorate as desired with the ribbon and lace.





PARMIGIANA DI CARCIOFI

DOSI: 6 PERSONE COSTO: BASSO MEDIO ALTO

Ingredienti

4 carciofi | succo di limone | 3 uova | sale | farina | olio di arachidi per la frittura | 1 cipolla | 1 scatoletta di pelati | parmigiano grattugiato | provolone grattugiato | basilico fresco

Preparazione

1. Pulire i carciofi, tagliarli a fette sottili e porli in una ciotola con acqua e succo di limone.
2. Versare in una ciotola le uova, sbatterle con un pizzico di sale e infarinare i carciofi, quindi passarli nell'uovo sbattuto e porli a friggere in abbondante olio di arachidi caldo.
3. Adesso mettere a soffriggere in un'altra pentola, 1 cipolla tritata in poco olio. Unire i pelati a pezzi, regolare di sale e fare cuocere, quindi passare quanto ottenuto al mixer.
4. Comporre la parmigiana: salare i carciofi fritti quindi creare un primo strato di passata di pomodoro, poi uno di carciofi, del formaggio grattugiato insieme a del provolone, delle foglie di basilico fresco ed ancora carciofi.
5. Proseguire con gli strati fino ad esaurimento degli ingredienti e completare con uno strato di sugo ed abbondante formaggio grattugiato. Cuocere in forno caldo a 180°C per 10-15 minuti.

VELLUTATA DI BROCCOLI LIGHT

DOSI: 4 PERSONE COSTO: BASSO MEDIO ALTO

Ingredienti

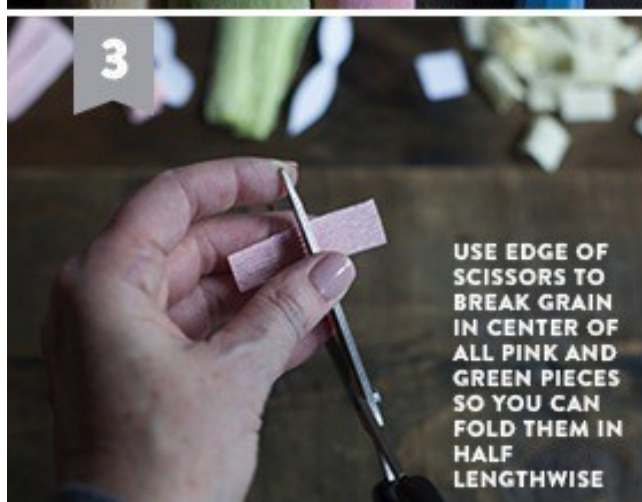
1 broccolo piccolo | 1 porro o 1 cipolla | brodo vegetale | 1 pizzico di sale e di pepe | olio evo | qualche crostino di pane

Preparazione

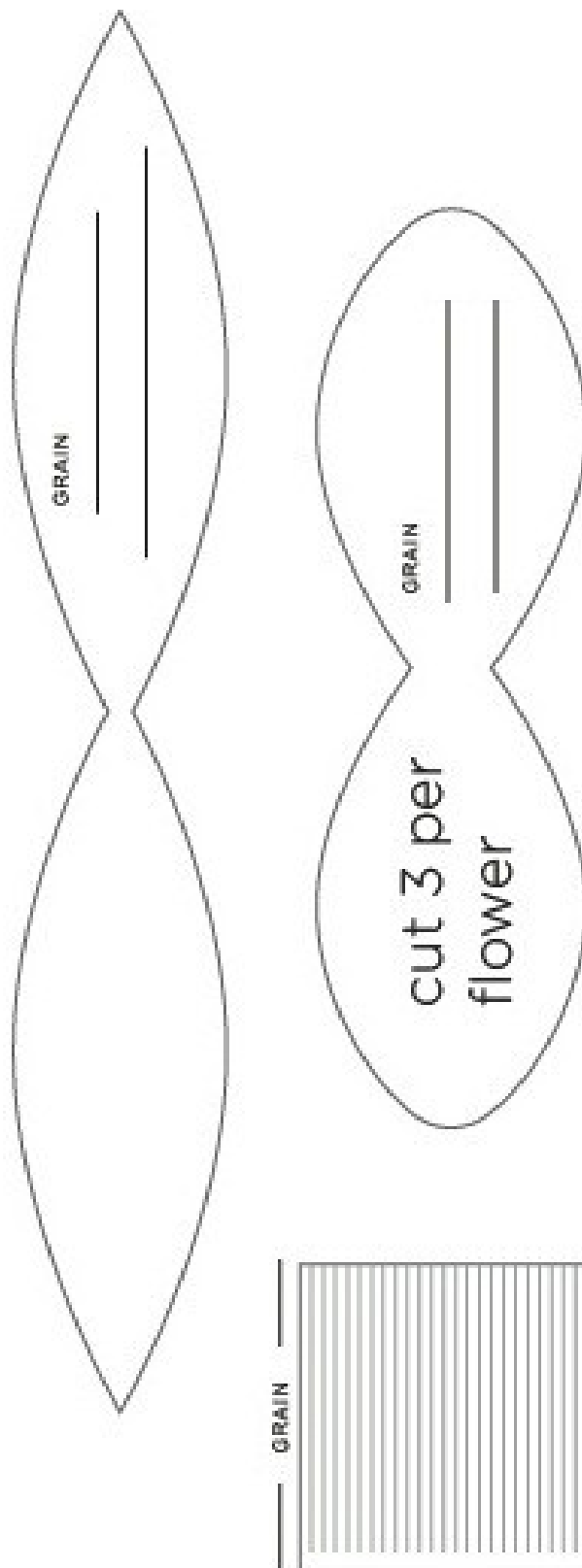
1. Affettare il porro sottilmente e versarlo all'interno di una pentola capiente. Unire i broccoli lavati e ridotti in cimette quindi copire con il brodo vegetale caldo e portare a cottura.
2. Una volta tenere le verdure frullarle per qualche istante quindi condire con poco olio, del sale e del pepe.
3. Mescolare bene e servire ben calda decorando il piatto con qualche cubetto di pane raffermo.

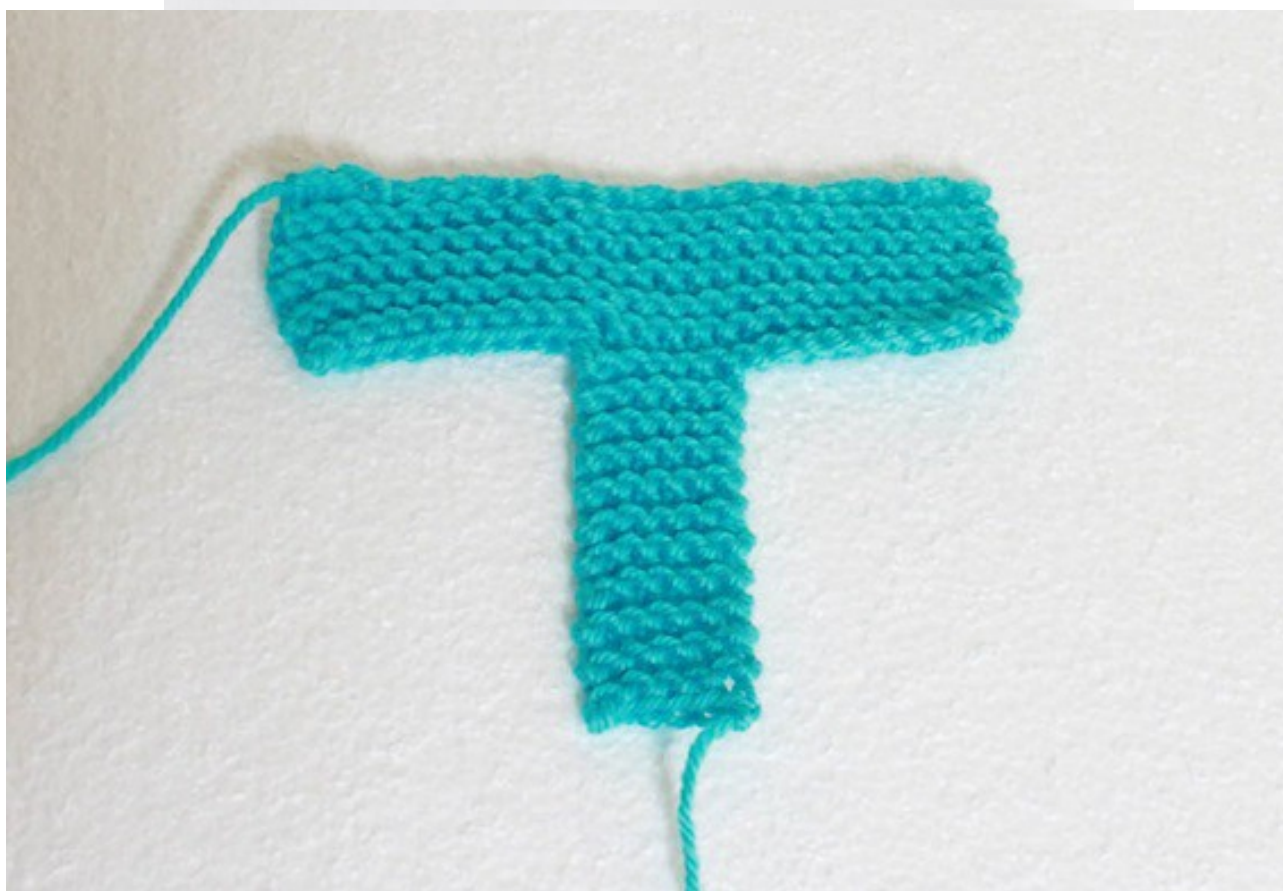


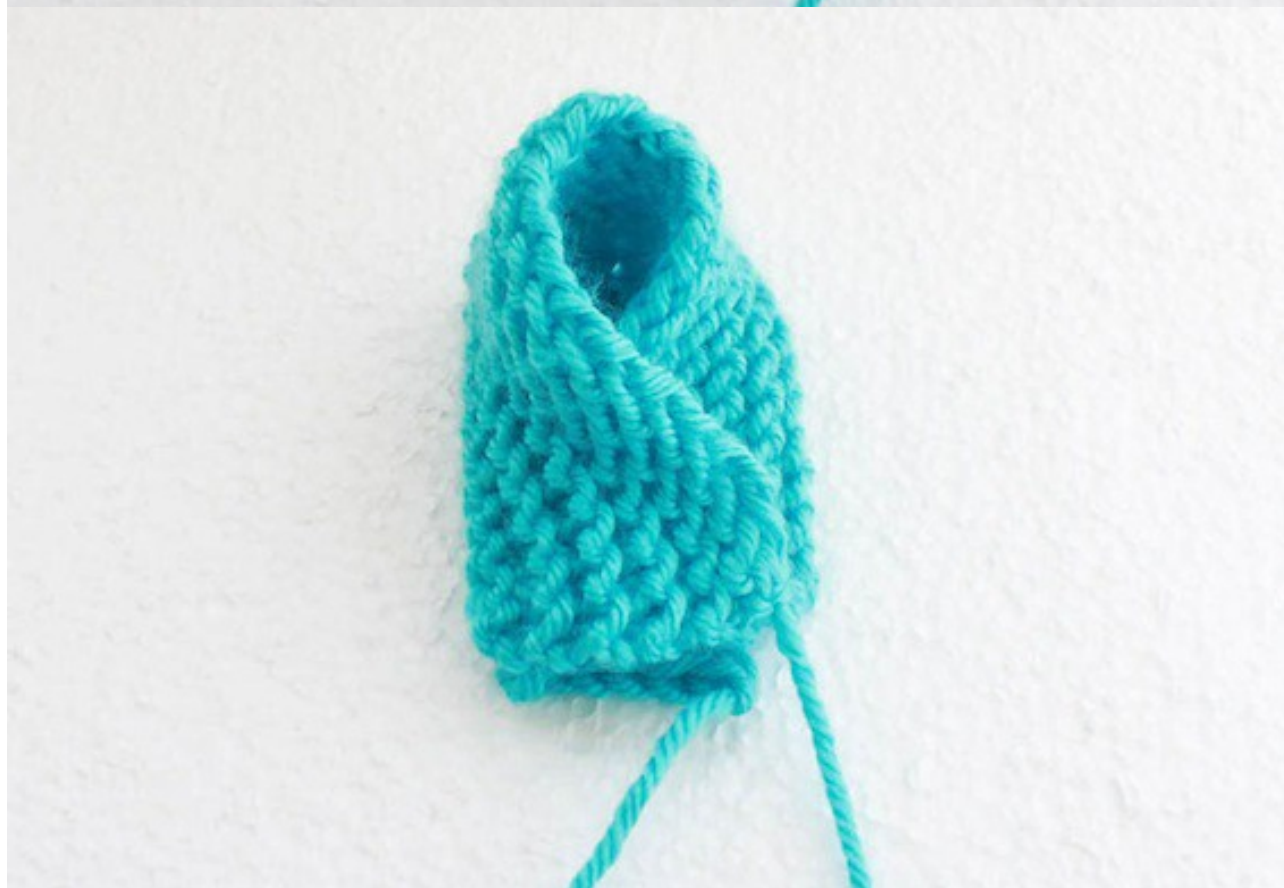
















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